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USER'S MANUAL

SMOOTH AGILEi TRAINER

SMOOTH FITNESS

USER WEIGHT LIMITATION: **350lbs(160kgs).**

SERIAL NUMBER (found on frame):

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PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness AGILEI Dynamic Motion Trainer.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

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POWER REQUIREMENTS

Power Requirements:

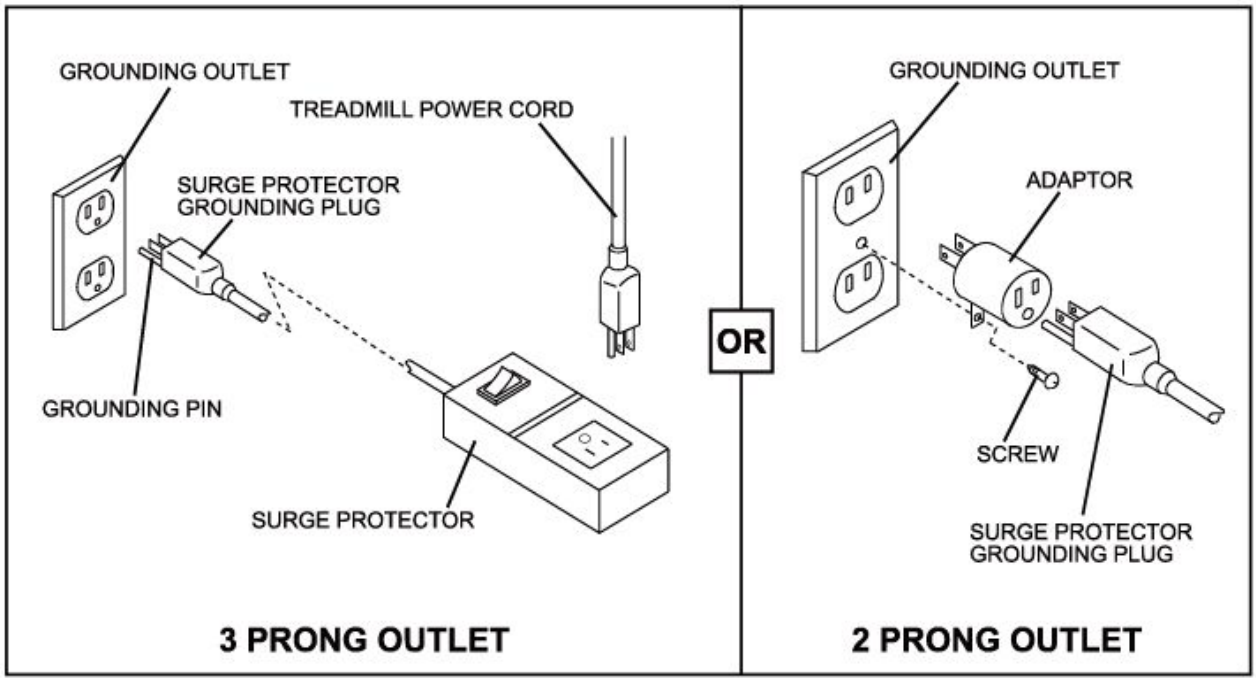
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This AGILEI Trainer can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of AGILEI Trainer damage, always use a surge protector (not included) with your AGILEI Trainer.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This AGILEI Trainer must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the AGILEI Trainer malfunction. This AGILEI Trainer is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.



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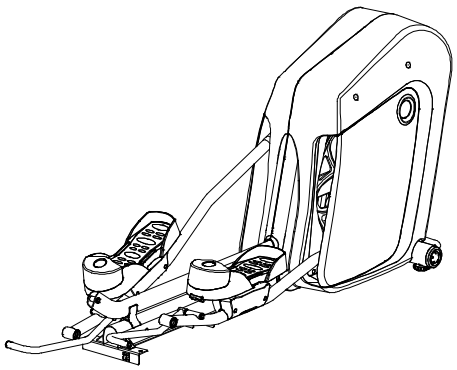
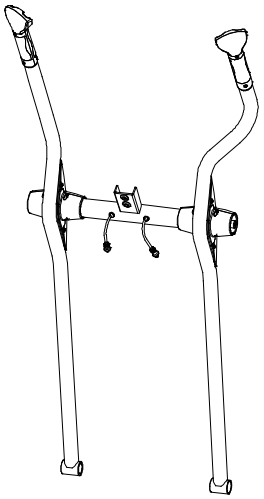
SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

BOX - A



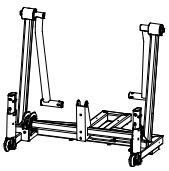
Main Frame Assembly



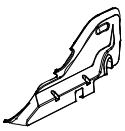
Handlebar Assembly

BOX - B

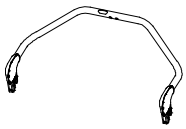
Fixed Handlebar



Base Frame



Undercarriage Cover



Console Support Tube

Upright-Left

Upright-Right

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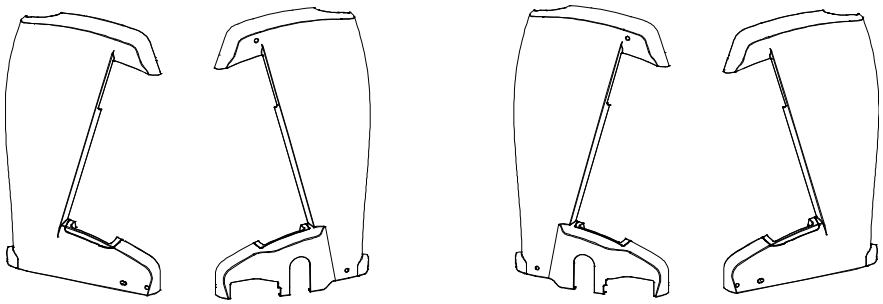
SUPPLIED COMPONENTS

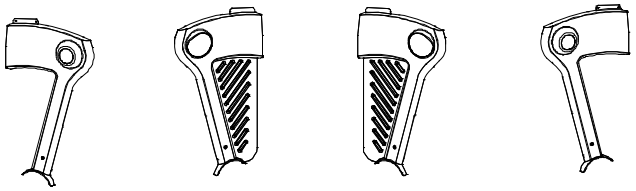
This list identifies the major components you will use to assemble this product.

BOX - C



Front Side Panel

[709 / 710] **[712 / 711]**



Pivot Arm Cover

BOX - D

Computer

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SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

BOX - E

- 701 Upright Side Cover-Left
- 702 Upright Side Cover-Right
- 703 Console Back Cover
- 717 Pivot Cap 2PCS
- 718 Pivot Side Cap 2PCS
- 721 Pedal Arm Front Pivot 4PCS

449	4X10 mm Screw	3PCS					
501	12 x 62 - M10 x 20mm Bolt	2PCS	512	4 x 12mm Screw	10PCS
502	20 x 78 - M14 x 35mm Bolt	2PCS	513	4 x 19mm Screw	6PCS
503	M5 x 8mm Screw	2PCS	514	12 x 18 x 24.5mm Sleeve	2PCS
504	M8 x 20mm Allen Head Bolt	4PCS	515	12 x 22 x 2 Washer	2PCS
505	M8 x 40mm Allen Head Bolt	2PCS	516	M5 x 6mm Bolt	2PCS
506	M8 x 65mm Allen Head Bolt	2PCS	517	M8 Nylon Nut	4PCS
507	M10 x 20mm Allen Head Bolt	4PCS	518	8x20x1.5mm Cup Washer	4PCS
508	M10 x 62mm Allen Head Bolt	1PCS	519	M8x105x20mm Carriage Bolts	4PCS
509	M6 x 40mm Screw	2PCS	520	M6x12mm Allen Head Bolt	8PCS
510	12 x 20 x 2 Spring Washer	2PCS	521	6x13x1mm Washer	8PCS
511	M10 Nylon Nut	1PCS	522	20.7x29.1x0.3mm Washer	2PCS

A — Screwdriver-L (1 piece)

B — 2.5mm Allen key (1 piece)

C — 5mm Allen key (1 piece)

D — 6mm Allen key (1 piece)

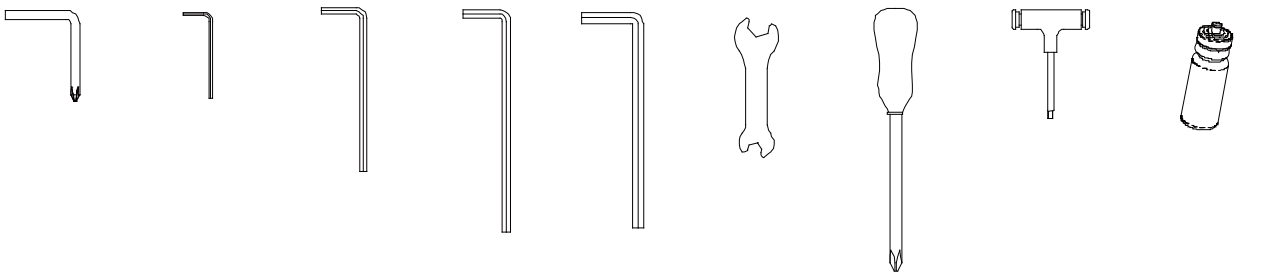
E — 8mm Allen key (1 piece)

F — Wrench (1 piece)

G — Slotted Screwdriver (1 piece)

H — 5mm Allen Wrench (1 piece)

I — Water Bottle (1 piece)

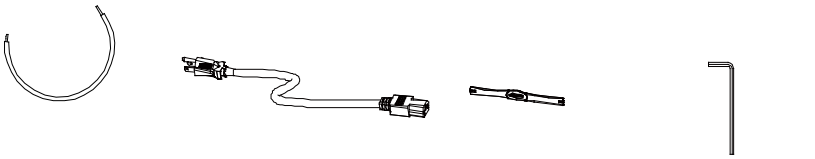


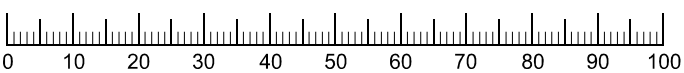
658 — MP3 Connection Wire — 1 piece

J — PowerCord (1 piece)

K — Chest Belt (1 piece)

L — 4mm Allen key (1 piece)





MILLIMETERS

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COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
100			
101	Fixed Handlebar	1	AGILEI-101
102	Crossbar	1	AGILEI-102
103	Console Support Tube	1	AGILEI-103
104	Base Frame	1	AGILEI-104
105	Main Frame	1	AGILEI-105
106	Pedal Arm-Left	1	AGILEI-106
107	Pedal Arm-Right	1	AGILEI-107
108	Action Handlebar - Left	1	AGILEI-108
109	Action Handlebar - Right	1	AGILEI-109
110	Upright-Left	1	AGILEI-110
111	Upright-Right	1	AGILEI-111
112	Moving Linkage-Left	1	AGILEI-112
113	Moving Linkage-Right	1	AGILEI-113
114	Incline Frame	1	AGILEI-114
115	Incline Transmission Tube-Front	1	AGILEI-115
116	Incline Transmission Tube-Back	1	AGILEI-116
117	Clamp Bracket	2	AGILEI-117
118	Flywheel	1	AGILEI-118
119	Tension Wheel Bracket	1	AGILEI-119
120	Pedal Swing Arm	2	AGILEI-120
121	Hold Base-Front	1	AGILEI-121
200			
201	Bearing 6004	4	AGILEI-201
202	Bearing 6005	2	AGILEI-202
203	Bearing 6300	6	AGILEI-203
204	Bearing 6804	4	AGILEI-204
205	Bearing 2203	2	AGILEI-205
206	Bearing 6205	4	AGILEI-206
207	Bearing 608zz	8	AGILEI-207
208	Action Handlebar Shaft Bushing 2"x38-20	2	AGILEI-208
209	Action Handlebar Shaft Bushing 2"x38-9	2	AGILEI-209
210	Elector-Magnetic System	1	AGILEI-210
211	Oil-Impregnated Bearing	2	AGILEI-211
212	Clamp Bushing- Top	2	AGILEI-212
213	Clamp Bushing- Bottom	2	AGILEI-213
214	Belt	1	AGILEI-214
215	Aluminum Disk	1	AGILEI-215
216	Right Crank	1	AGILEI-216
217	Left Crank	1	AGILEI-217
218	Crank Disk Axle	1	AGILEI-218
219	Wheel	2	AGILEI-219
220	Pedal Buffer Set	2	AGILEI-220

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COMPLETE PARTS LIST

tem No.	Description	Qty.	Part No.
221	Level Adjuster	2	AGILEI-221
222	Crank Disk	1	AGILEI-222
224	Fixed Handlebar End Cap	4	AGILEI-224
225	Hand Pulse Sensor Cover	2	AGILEI-225
226	Oval Tube Cap	2	AGILEI-226
227	Hand Pulse Sensor Back Cover	2	AGILEI-227
228	Fixed Handlebar Foam Grip	2	AGILEI-228
229	Electro-magnetic System Bracket	1	AGILEI-229
230	Flywheel Axle Fixing Plate	1	AGILEI-230
231	Speed Sensor Base	1	AGILEI-231
232	Pedal Support Base	2	AGILEI-232
233	Pedal Fixing Base	2	AGILEI-233
234	Crank Disk Oval Cap	1	AGILEI-234
235	Switch Fascia	1	AGILEI-235
238	Bearing 2201	2	AGILEI-238
239	5/16" Cable Tie	1	AGILEI-239
240	1/8" Cable Tie	1	AGILEI-240
241	3/8" Cable Tie	4	AGILEI-241
242	Wheel Bushing	4	AGILEI-242
243	Bearing 6000	3	AGILEI-243
244	Self-adhesive Wire Clip	1	AGILEI-244
245	Incline Frame Bushing #1	2	AGILEI-245
246	Incline Frame Bushing #2	2	AGILEI-246
247	Incline Frame Bushing #3	2	AGILEI-247
248	Incline Frame Bushing #4	2	AGILEI-248
249	3/16" Cable Tie	1	AGILEI-249
250	1/4" Cable Tie	9	AGILEI-250
252	Rear Shroud Holder	1	AGILEI-252
253	Bearing Support Tube	1	AGILEI-253
254	Pedal Buffer Set Fixing Plate	2	AGILEI-254
300			
302	Rear Shroud-Left	1	AGILEI-302
303	Rear Shroud-Right	1	AGILEI-303
304	Rear Side Panel-Left	1	AGILEI-304
305	Rear Side Panel-Right	1	AGILEI-305
306	Switch Plate	1	AGILEI-306
307	Pedal	2	AGILEI-307
308	Toe Cap	2	AGILEI-308
309	Pedal Soft Cushion	2	AGILEI-309
310	Pedal Bushing Cover-Left	2	AGILEI-310
311	Pedal Bushing Cover-Right	2	AGILEI-311
312	Console Housing - Upper	1	AGILEI-312

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COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
313	Console Housing – Bottom	1	AGILEI-313
314	Console Plastic Cover	1	AGILEI-314
315	Rubber Strip-4	4	AGILEI-315
316	Rubber Strip-3	4	AGILEI-316
317	Rubber Strip-2	4	AGILEI-317
318	Rear Shroud Plug-1	2	AGILEI-318
319	Rear Shroud Plug-2	2	AGILEI-319
320	Rubber Strip-1	4	AGILEI-320
322	Incline Transmission Tube Holder	1	AGILEI-322
323	Moving Linkage Bushing	4	AGILEI-323
324	Control Board Cover	1	AGILEI-324
325	Pedal Swing Arm Cap	2	AGILEI-325
326	Taper Fixing Insert	35	AGILEI-326
327	Support Lump	1	AGILEI-327
328	Oblong Cushion	2	AGILEI-328
329	Circular Cushion	2	AGILEI-329
330	Rubber Cushion – Front	2	AGILEI-330
331	Rubber Cushion – Rear	2	AGILEI-331
332	Fixing Insert	22	AGILEI-332
333	Fixing Insert-Metal Inside	10	AGILEI-333
336	Action Handlebar Front Cover	4	AGILEI-336
337	Action Handlebar Cover	2	AGILEI-337
338	Elbow-Left	2	AGILEI-338
339	Elbow-Right	2	AGILEI-339
342	Fan Bracket – Top	1	AGILEI-342
343	Fan Bracket – Bottom	1	AGILEI-343
346	Tray	1	AGILEI-346
347	Tray Cap – Left	1	AGILEI-347
348	Tray Cap – Right	1	AGILEI-348
349	Speaker Cover	1	AGILEI-349
350	Speaker	2	AGILEI-350
355	Adjustable Vane	1	AGILEI-355
400			
401	M5x10mm Allen Head Bolt	4	AGILEI-401
402	25x10x55 - M10x15mm Bolt	2	AGILEI-402
403	M5x8mm Allen Head Bolt	7	AGILEI-403
404	M6x12mm Allen Head Bolt	11	AGILEI-404
405	M8x15mm Allen Head Bolt	11	AGILEI-405
406	M8x25mm Allen Head Bolt	2	AGILEI-406

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COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
407	M10x20mm Allen Head Cap Bolt	4	AGILEI-407
408	M10x40mm Allen Head Bolt	1	AGILEI-408
409	M4x40mm Allen Head Cap Bolt	1	AGILEI-409
410	M8x50mm Allen Head Cap Bolt	2	AGILEI-410
411	M10x40mm Allen Head Cap Bolt	4	AGILEI-411
412	M12x70mm Allen Head Cap Bolt	2	AGILEI-412
414	M8x20mm Bolt	2	AGILEI-414
415	M3x8mm Screw	2	AGILEI-415
416	M8x65mm Allen Head Cap Bolt	2	AGILEI-416
417	M6x12mm Allen Head Cap Bolt	2	AGILEI-417
418	M8x16mm Allen Head Cap Bolt	4	AGILEI-418
419	M8x90mm Allen Head Bolt	4	AGILEI-419
420	6x8x8mm Washer	2	AGILEI-420
421	M8 Nylon Nut	15	AGILEI-421
422	M10 Nylon Nut	3	AGILEI-422
423	M14 Nylon Nut	3	AGILEI-423
424	M8 Blind Nut	2	AGILEI-424
425	M6x15mm Screw	2	AGILEI-425
426	3/4" Nut	2	AGILEI-426
427	Flywheel Axle	1	AGILEI-427
428	Shaft 10x36mm	2	AGILEI-428
429	Shaft 12x210 - M14x70mm	1	AGILEI-429
430	Bushing 12x62mm	4	AGILEI-430
431	M4x15mm Screw	2	AGILEI-431
432	4 x 12mm Screw – Flat Point	18	AGILEI-432
433	Action Handlebar Shaft	1	AGILEI-433
434	Pedal Arm Support Axle	2	AGILEI-434
435	Crank Axle Bushing	2	AGILEI-435
436	M10 C Clip	6	AGILEI-436
437	M12 C Clip	2	AGILEI-437
438	M42 C Clip	2	AGILEI-438
439	10x18x1mm Fiber Washer	2	AGILEI-439
440	8x14x2mm Spring Washer	11	AGILEI-440
441	10x16x2mmSpring Washer	7	AGILEI-441
442	20x6x1.5mm Washer	3	AGILEI-442
443	6x32x2mm Washer	1	AGILEI-443
444	35x14x2mm Washer	2	AGILEI-444
445	10x18x5.1mm Washer	4	AGILEI-445
446	M3x16mm Screw	2	AGILEI-446
447	M3x10mm Screw	16	AGILEI-447
448	4x12mm Screw – Flat Point	40	AGILEI-448
449	4x10mm Screw – Flat Point	2	AGILEI-449

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COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
450	4x12mm Coarse Thread Screw	12	AGILEI-450
451	M32 C Clip	2	AGILEI-451
452	M4x45mm Screw	2	AGILEI-452
453	M4x8mm Screw	4	AGILEI-453
454	Pin Nut	4	AGILEI-454
455	3x10mm Screw – Flat Point	7	AGILEI-455
456	10x23x2mm Washer	4	AGILEI-456
457	6x10x1mm Spring Washer	2	AGILEI-457
458	Bushing 28.6 x 35.5mm	2	AGILEI-458
459	12x20x0.5mm Washer	2	AGILEI-459
460	12x20x2mm PU Washer	2	AGILEI-460
461	4x8mm Screw – Flat Head	10	AGILEI-461
462	M8x16mm Bolt	8	AGILEI-462
463	4x12mm Screw	4	AGILEI-463
464	3x12mm Screw	4	AGILEI-464
465	M4 Nut	2	AGILEI-465
466	M5 Nut	6	AGILEI-466
467	5x0.6mm Lock Washer	1	AGILEI-467
468	M5x15mm Screw	1	AGILEI-468
469	3x10mm Screw – Cone Point	8	AGILEI-469
470	3x10x1mm Washer	8	AGILEI-470
471	Dock Bracket Cover	1	AGILEI-471
472	4x12mm Screw – Cone point	6	AGILEI-472
473	M8X45mm Allen Head Bolt	3	AGILEI-473
476	4X19mm Screw – Cone point	6	AGILEI-476
477	8X18XT2mm Washer	2	AGILEI-477
478	6.5X12XT1.0mm Washer	8	AGILEI-478
500			
500	17.2x22x1mm Washer	2	AGILEI-500
501	12x62 - M10x20mm Bolt	2	AGILEI-501
502	20 x 78 - M14x25mm Bolt	2	AGILEI-502
503	M5x8mm Screw	2	AGILEI-503
504	M8x20mm Allen Head Bolt	4	AGILEI-504
505	M8x40mm Allen Head Bolt	2	AGILEI-505
506	M8x65mm Allen Head Bolt	2	AGILEI-506
507	M10x20mm Allen Head Bolt	4	AGILEI-507
508	M10x62mm Allen Head Bolt	1	AGILEI-508
509	M6x40mm Screw	2	AGILEI-509
510	12x20x2mm Spring Washer	2	AGILEI-510
511	M10 Nylon Nut	1	AGILEI-511
512	4x12mm Screw	10	AGILEI-512

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COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
513	4x19mm Screw	6	AGILEI-513
514	Sleeve 12x18x24.5mm	2	AGILEI-514
515	12 x 22 x 2 Washer	2	AGILEI-515
516	M5x6mm Screw	2	AGILEI-516
518	8x20x1.5mm Cup Washer	4	AGILEI-518
519	M8x105x20mm Carriage Bolt	4	AGILEI-519
520	M6x12mm Allen Head Bolt	8	AGILEI-520
521	6x13x1mm Washer	8	AGILEI-521
522	20.7 x 29.1 x 0.3 mm Washer	2	AGILEI-522
600			
601	Speed Sensor	1	AGILEI-601
602	Magnetic Sensor	1	AGILEI-602
603	Power Switch	1	AGILEI-603
604	Power Breaker	1	AGILEI-604
605	Power Insert Set	1	AGILEI-605
606	HR Receiver	1	AGILEI-606
607	Transformer	1	AGILEI-607
608	Computer PC Board	1	AGILEI-608
610	Control Board	1	AGILEI-610
611	Elevation Motor	1	AGILEI-611
613	Elector-magnetic Wire	1	AGILEI-613
614	Power Connection Wire	3	AGILEI-614
615	8Pin Power Wire-Top	1	AGILEI-615
616	8Pin Power Wire-Upper	1	AGILEI-616
617	8Pin Power Wire-Middle	1	AGILEI-617
618	8Pin Power Wire-Lower	1	AGILEI-618
619	8Pin Power Wire-Bottom	1	AGILEI-619
620	3C Power Wire	1	AGILEI-620
621	Hand Pulse Sensor Wire-Top	2	AGILEI-621
622	Hand Pulse Sensor Wire-Upper	2	AGILEI-622
623	Hand Pulse Sensor Wire-Lower	2	AGILEI-623
624	Receiver Wire	1	AGILEI-624
625	Fan	1	AGILEI-625
635	2.5X7mm Screw - Cone Point	12	AGILEI-635
636	IHP USB Port Board	1	AGILEI-636
650	Amplifier PC Board	1	AGILEI-650
651	Amplifier Control Wire	1	AGILEI-651
652	EVA Foam for Pad Holder	1	AGILEI-652
653	Pad Holder	1	AGILEI-653
654	IHP PCE Board	1	AGILEI-654
655	4 PIN PCE Wire	1	AGILEI-655
656	3 PIN PCE Wire	1	AGILEI-656
657	6 PIN PCE Wire	1	AGILEI-657

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COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
658	MP3 Connection Wire	1	AGILEI-658
700			
701	Upright Side Cover-Left	1	AGILEI-701
702	Upright Side Cover-Right	1	AGILEI-702
703	Console Back Cover	1	AGILEI-703
704	Pivot Arm Cover-LL	1	AGILEI-704
705	Pivot Arm Cover-LR	1	AGILEI-705
706	Pivot Arm Cover-RR	1	AGILEI-706
707	Pivot Arm Cover-RL	1	AGILEI-707
708	Pivot Arm Insert	2	AGILEI-708
709	Front Side Panel-LL	1	AGILEI-709
710	Front Side Panel-LR	1	AGILEI-710
711	Front Side Panel-RR	1	AGILEI-711
712	Front Side Panel-RL	1	AGILEI-712
713	Front Side Frame-LL	1	AGILEI-713
714	Front Side Frame-LR	1	AGILEI-714
715	Front Side Frame-RR	1	AGILEI-715
716	Front Side Frame-RL	1	AGILEI-716
717	Pivot Cap	2	AGILEI-717
718	Pivot Side Cap	2	AGILEI-718
719	Undercarriage Cover-Left	1	AGILEI-719
720	Undercarriage Cover-Right	1	AGILEI-720
721	Pedal Arm Front Pivot Cover - 32mm	2	AGILEI-721
722	Pedal Arm Front Pivot Cover - 37mm	2	AGILEI-722
A	Screwdriver-L Type	1	AGILEI-A
B	2.5mm Allen Key	1	AGILEI-B
C	5mm Allen Key	1	AGILEI-C
D	6mm Allen Key	1	AGILEI-D
E	8mm Allen Key	1	AGILEI-E
F	14 x 17 Wrench	1	AGILEI-F
G	Slotted Screwdriver	1	AGILEI-G
H	5mm Allen Wrench	1	AGILEI-H
I	Water Bottle	1	AGILEI-I
J	Power Cord	1	AGILEI-J
K	Chest Belt	1	AGILEI-K
L	6mm Allen Key-L Type	1	AGILEI-L

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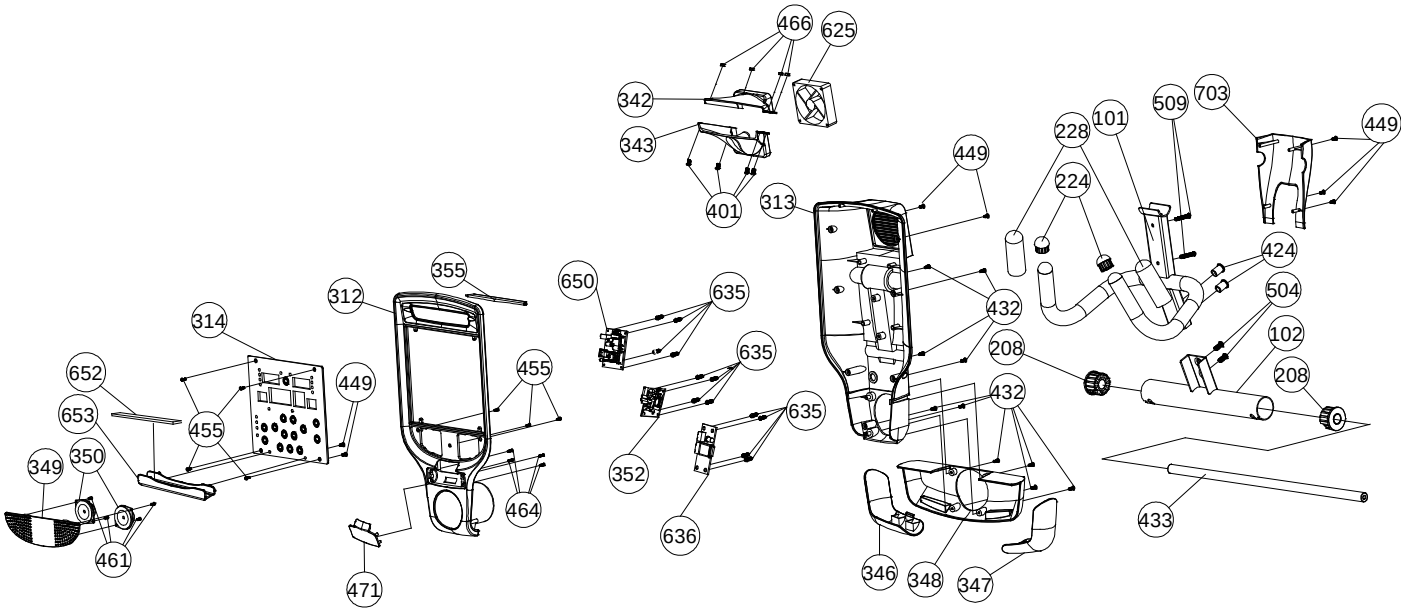
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



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PARTS DIAGRAM

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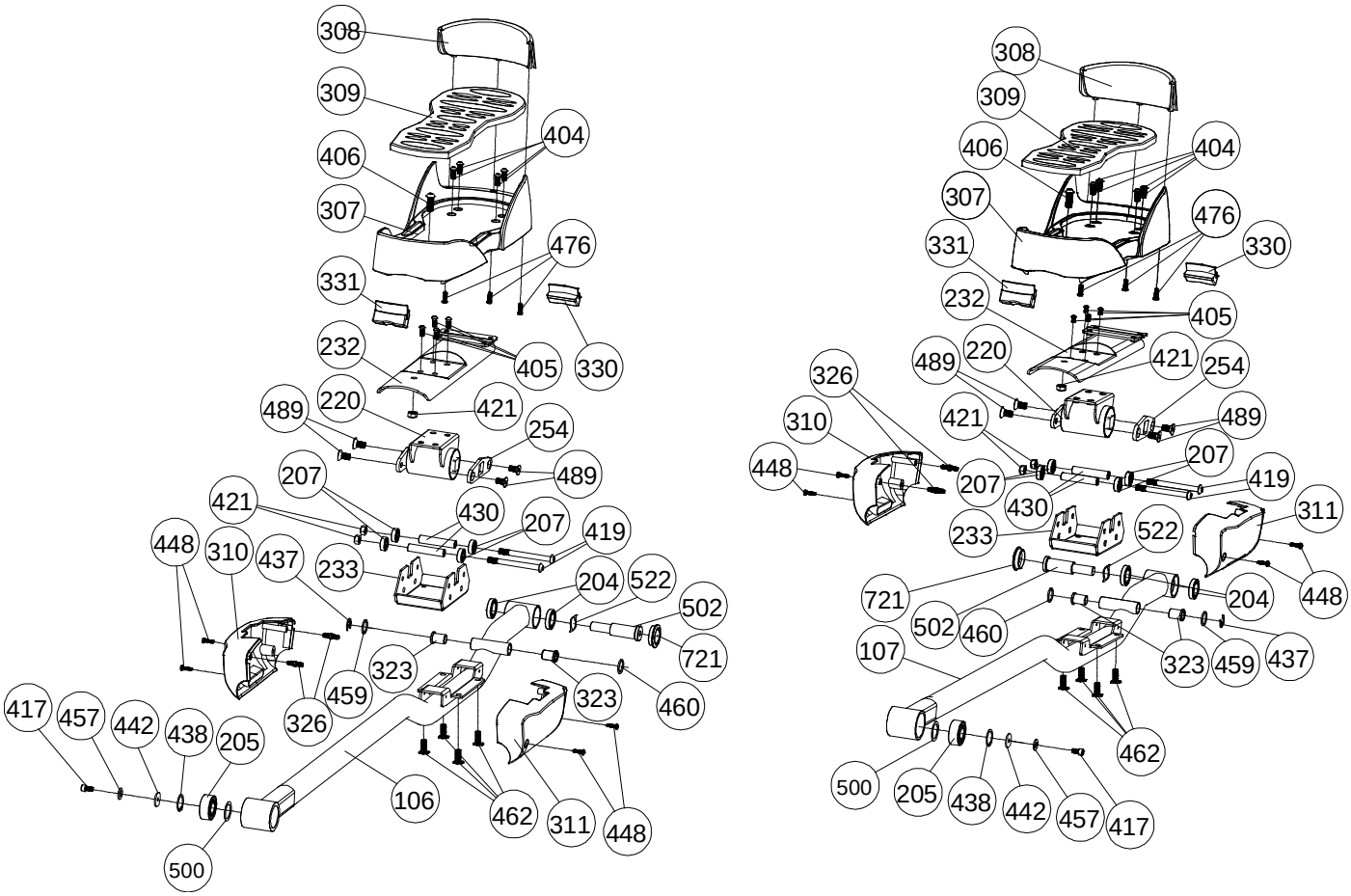

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PARTS DIAGRAM

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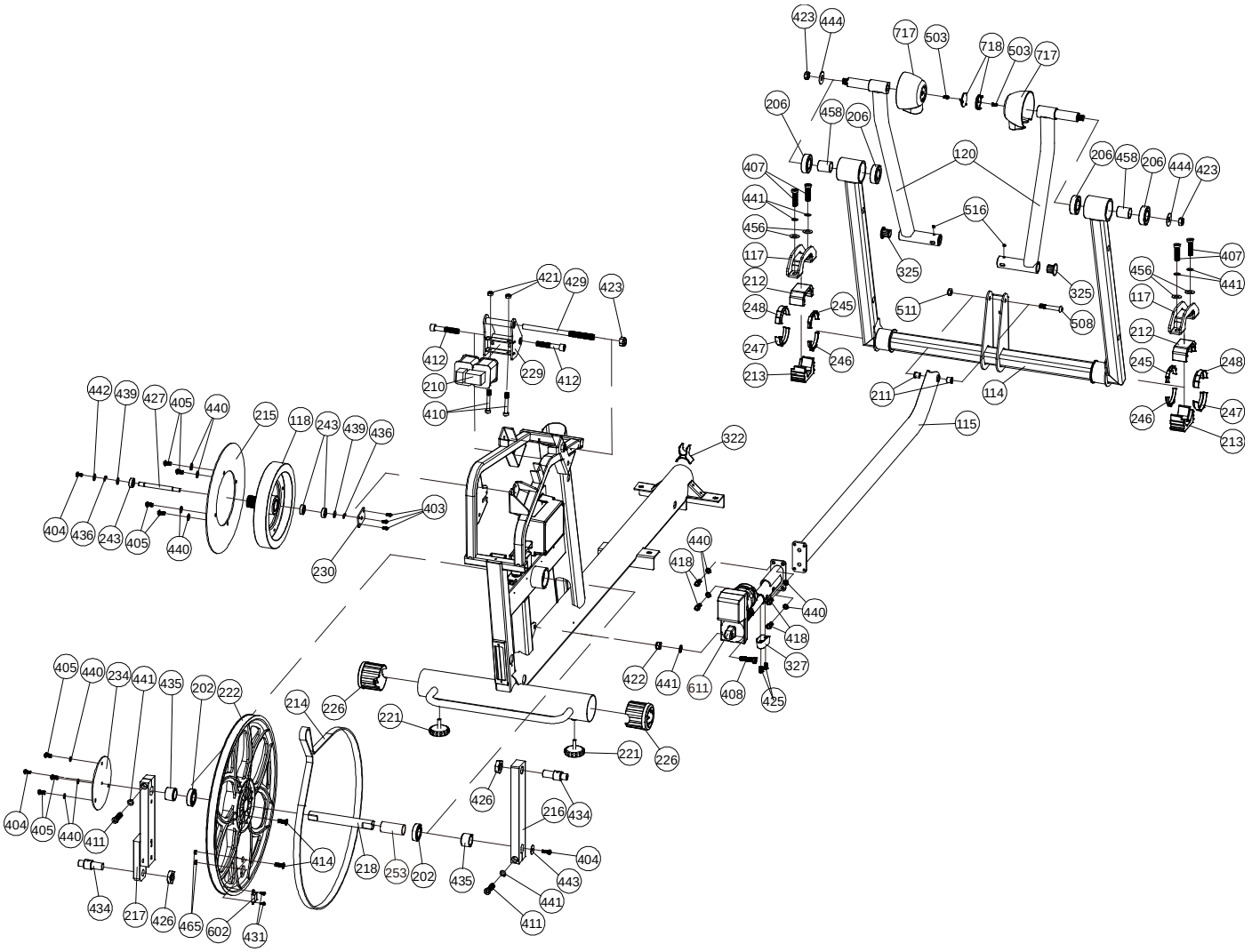

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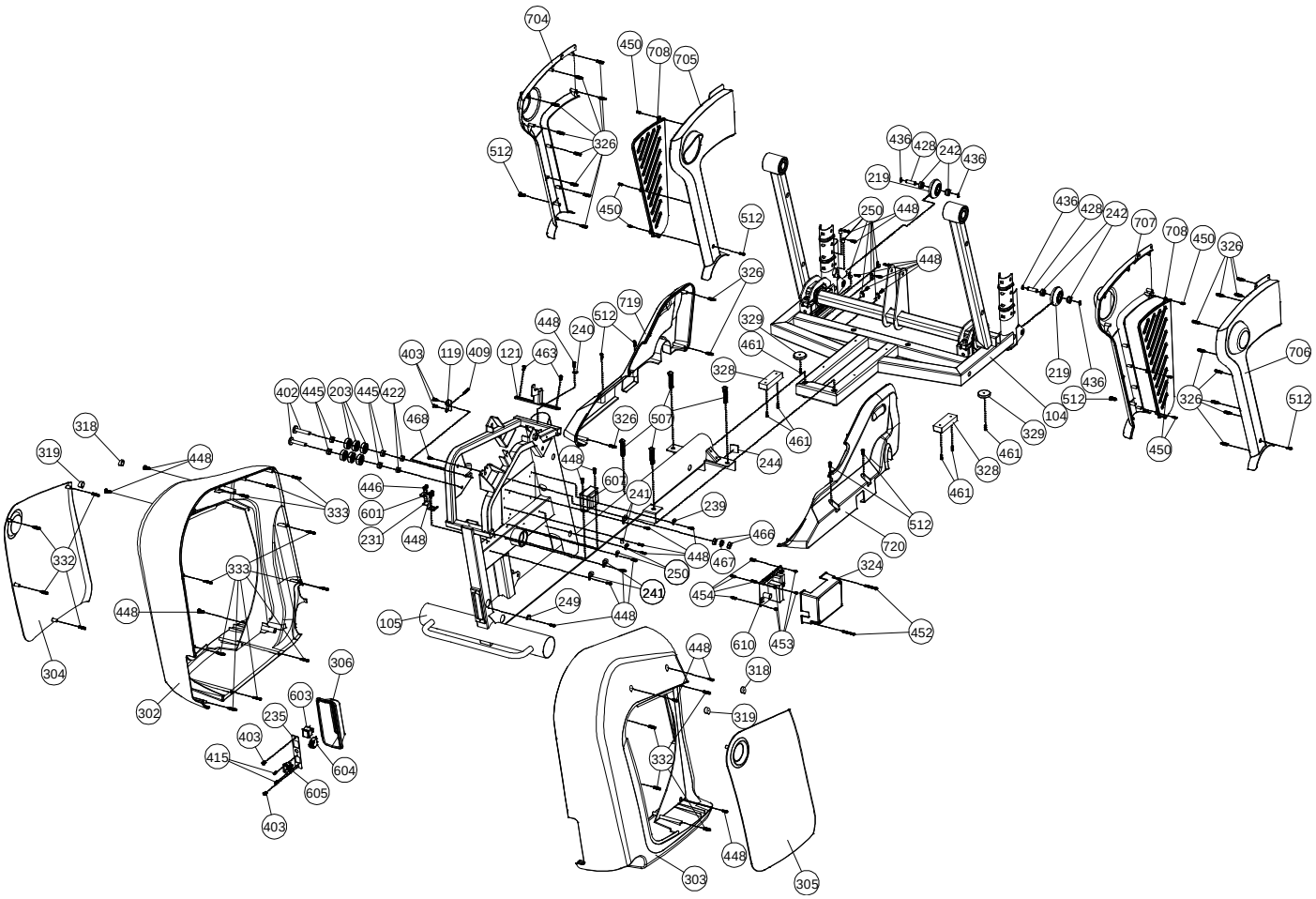

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PARTS DIAGRAM

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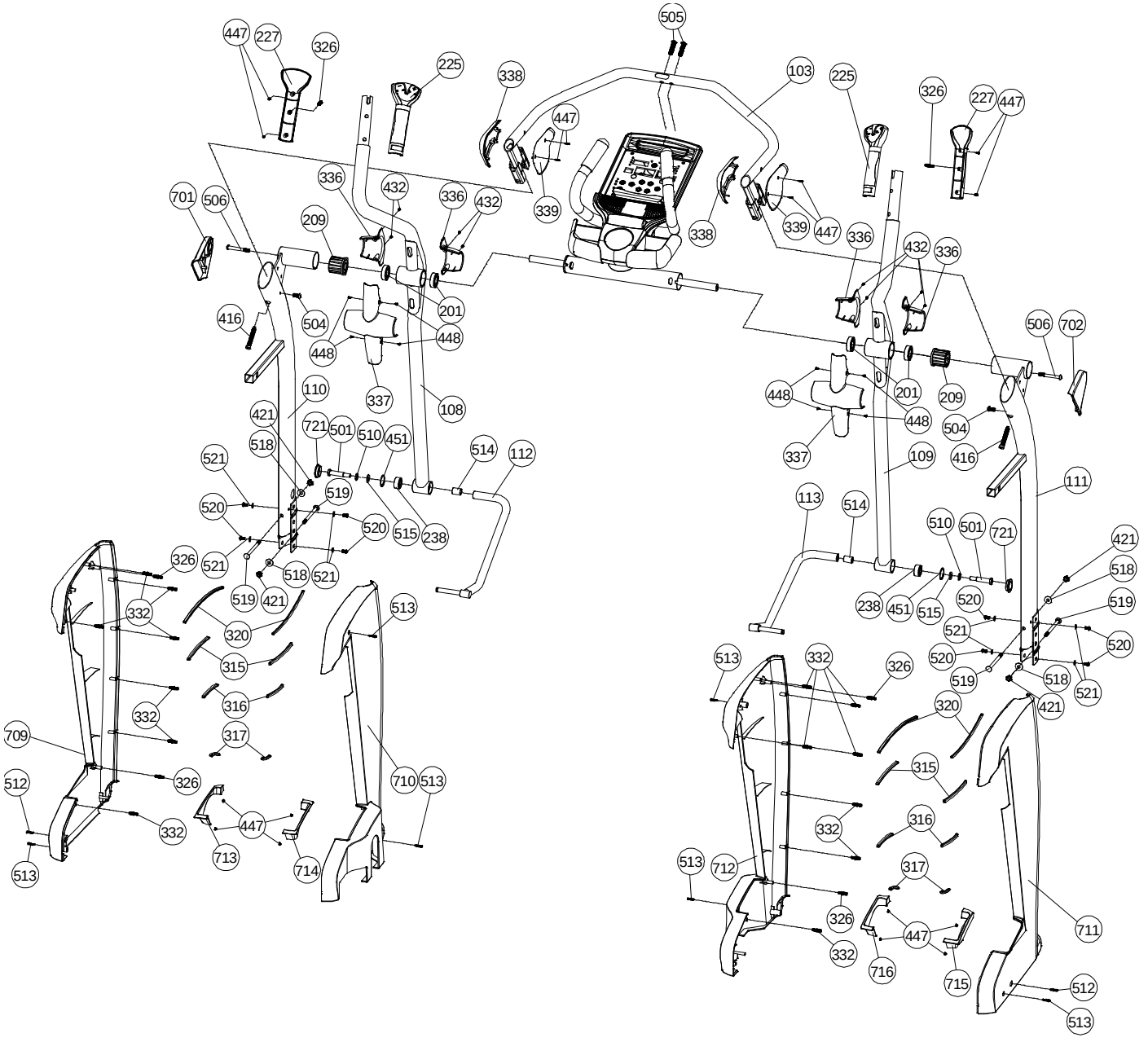

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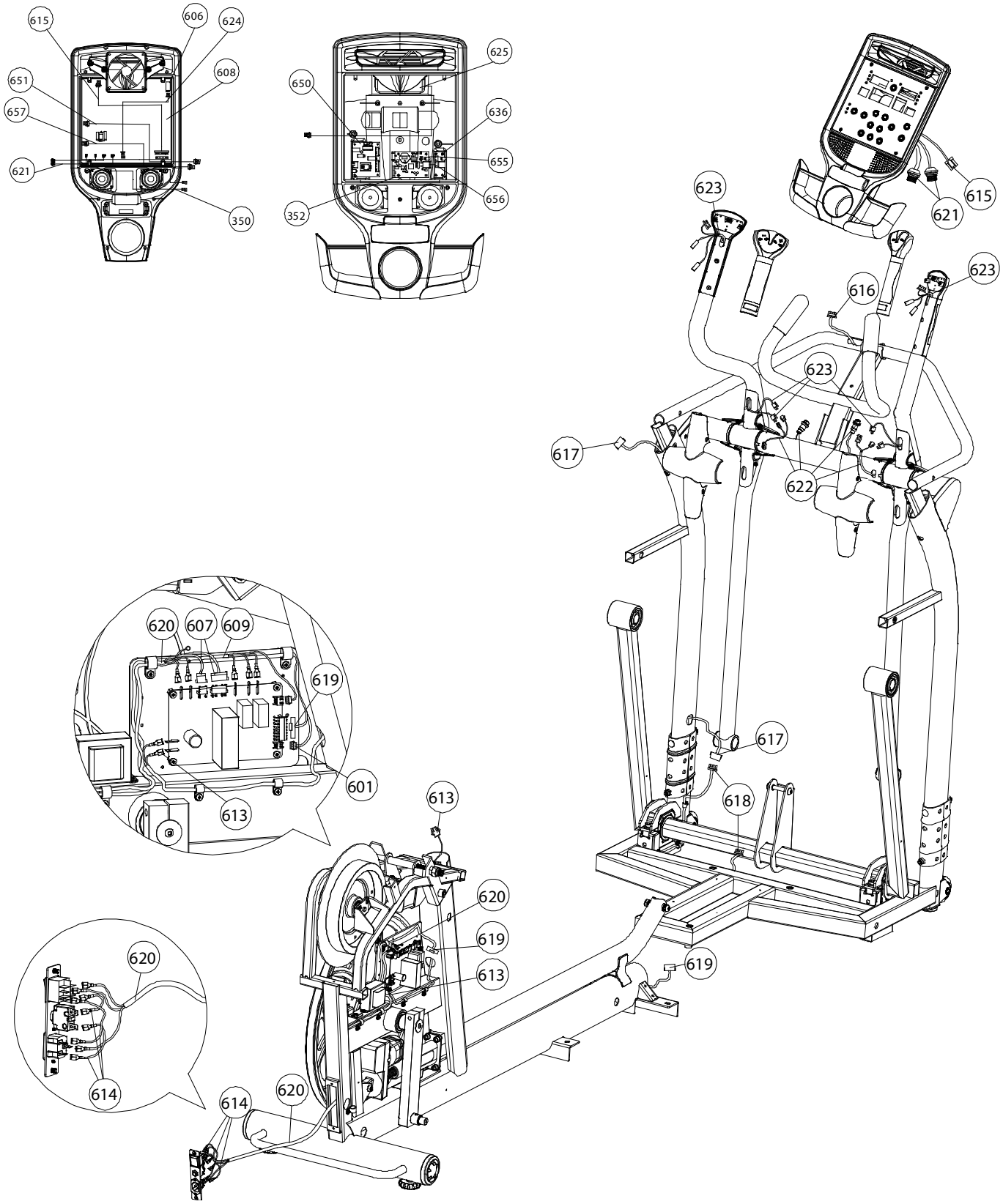
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



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ASSEMBLY

STEP 1: **Connect the Main Frame to Base Frame**

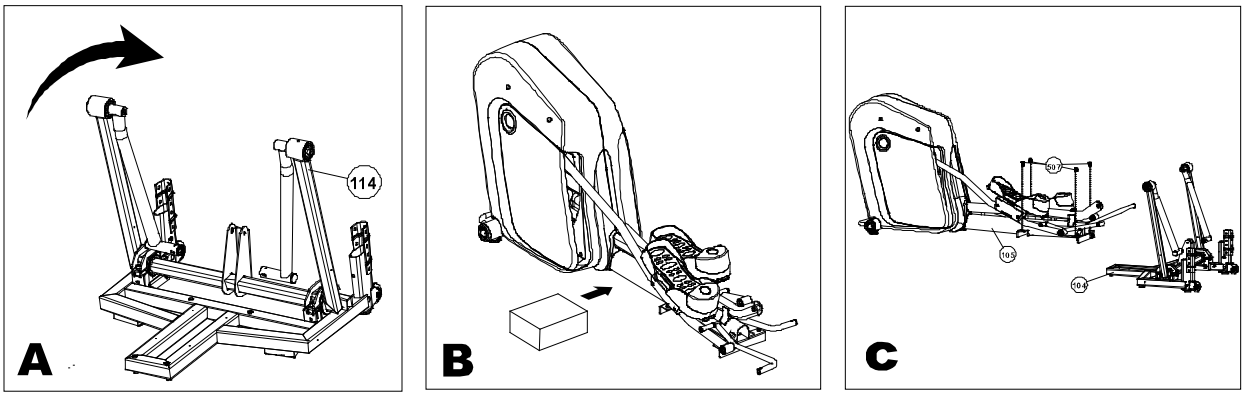
(A) Rotate Incline Frame (114) up to vertical position.

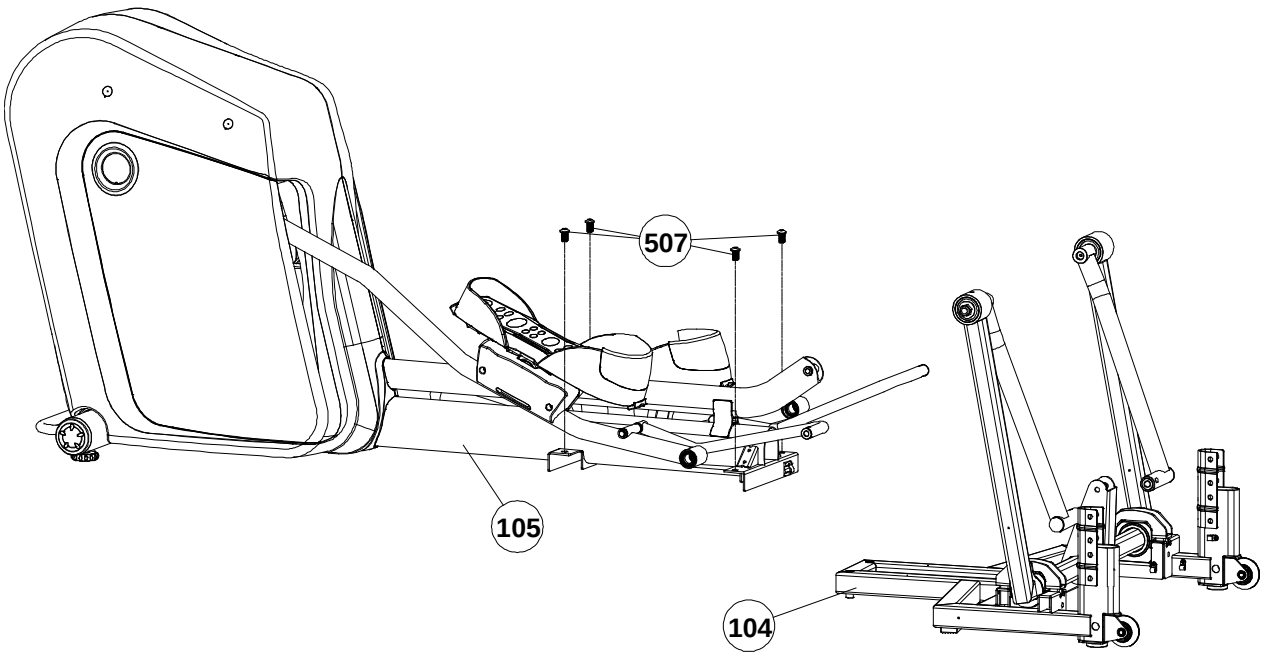
(B) Place cardboard block under Main Frame tube to provide clearance to position Base Frame (104) for assembly.

(C) Position Base Frame (104) under mounting bracket of the Main Frame (105) and align the 4 hole bolt pattern.

(D) Remove cardboard block and lower Main Frame (105) onto Base Frame (104). Mounting Brackets should seat fully onto Base Frame (104). Secure using four M10 x 20mm Allen Head Bolts (507).

507 X4





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ASSEMBLY

STEP 2: **Connect the Incline Transmission Tube**

(A) Remove the Incline Transmission Tube Holder (322), and discard.

(B) Rotate the Incline Frame (114) to align the bolt holes with the mating bolt holes in the Incline Transmission Tube-Front (115).

(C) Assemble the Incline Transmission Tube-Front (115) to the Base Frame (104) with M10 x 62mm Allen Head Bolt (508) and M10 Nylon Nut (511) by 6mm Allen Key (D) and Wrench (F).

(D) Connect the 8Pin Power Wire-Lower (618) to the 8Pin Power Wire -Bottom (619), and fixed the wire into the Self-adhesive Wire Clip (244).

508 X1

511 X1

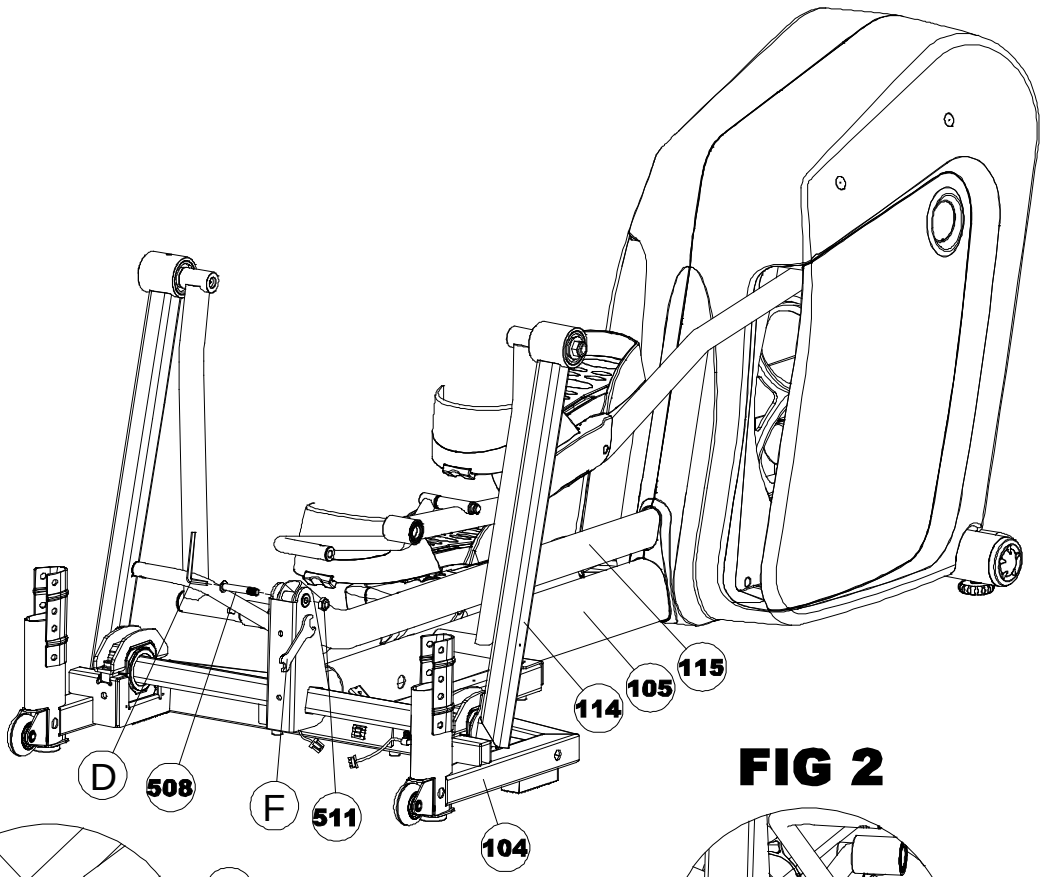


FIG 2

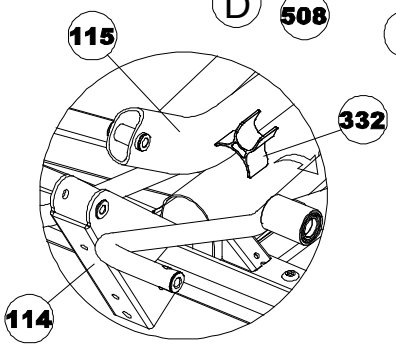
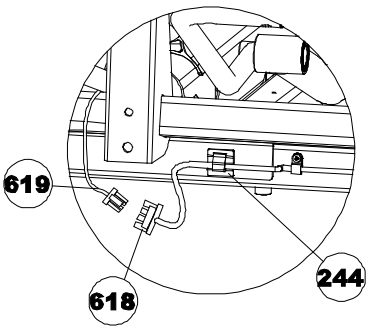


FIG 1



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ASSEMBLY

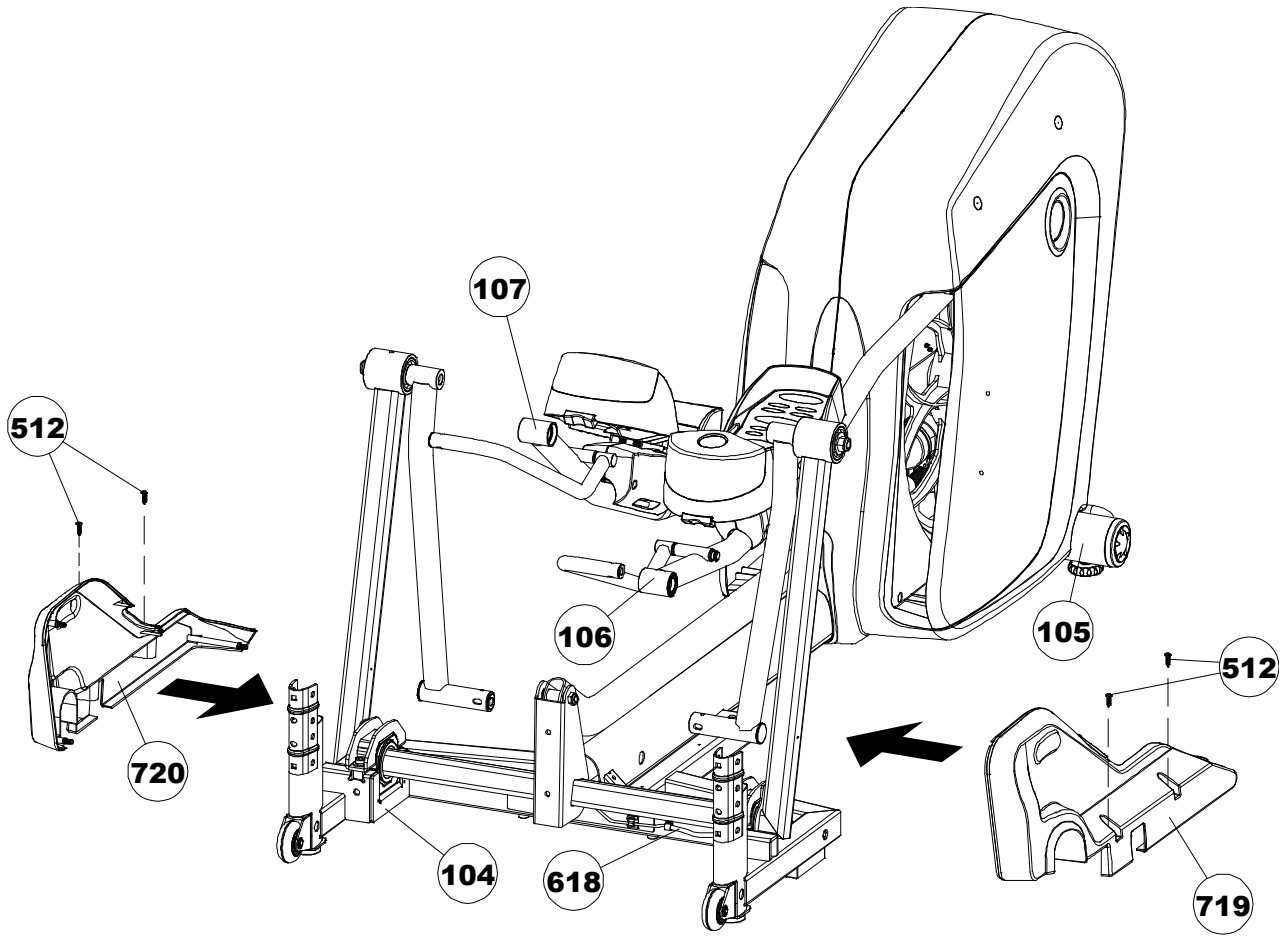
STEP 3: **Assemble the Undercarriage Covers**

NOTE : THE UNDERCARRIAGE COVER-LEFT(719) FITS OVER THE 8PIN POWER WIRE-LOWER (618). BE CAREFUL NOT TO DISCONNECT THE WIRE WHEN ASSEMBLING THE UNDERCARRIAGE COVER -LEFT (719).

(A) Lift the Pedal Arm and assemble the Undercarriage Cover-Left (719) to the Base Frame (104), and secure using four 4 x 12mm Screws (512).

(B) Repeat the above procedure to assemble the right side.

512 X4



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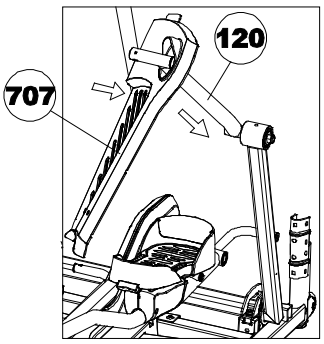
ASSEMBLY

STEP 4: **Attach the Pivot Arm Covers**

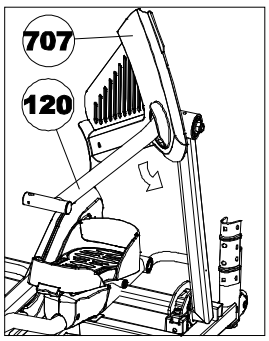
(A) Thread the free end of the Pedal Swing Arm (120) through the hole in the Pivot Arm Cover-RL (707) and maneuver the Pivot Arm Cover-RL(120) to it's final upright position. See the illustrations in STEP1, STEP2, and STEP3.

(B) Repeat the above procedure to assemble the left side.

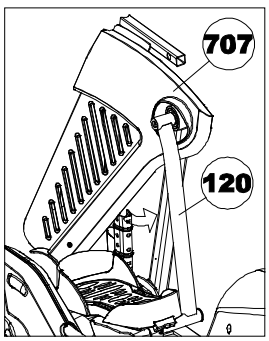
STEP1

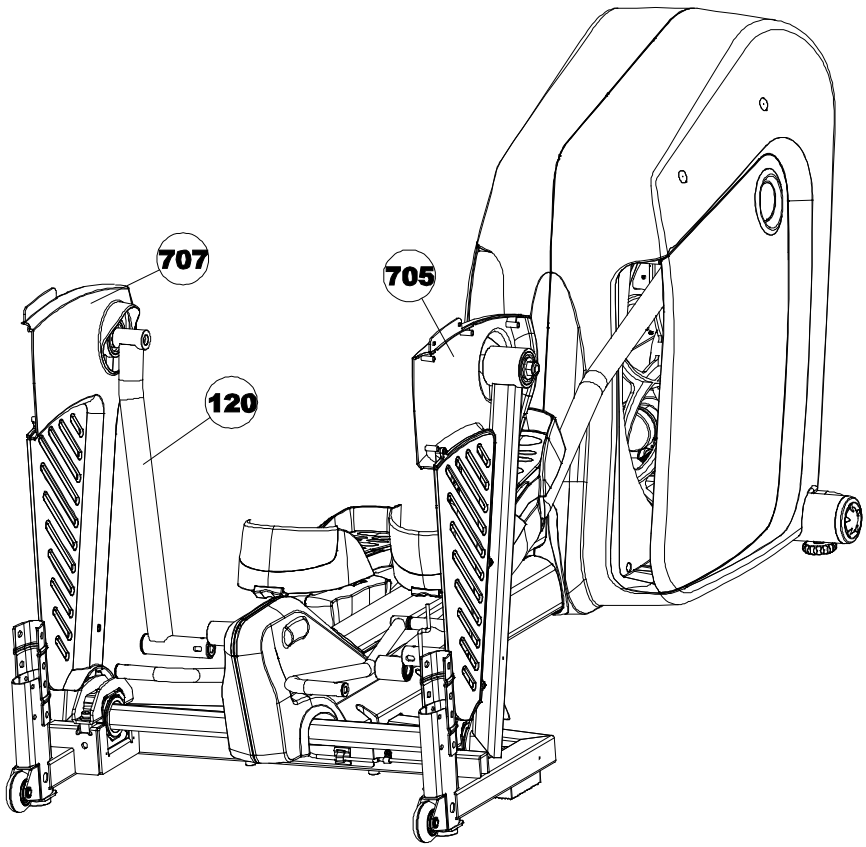


STEP2



STEP3





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ASSEMBLY

STEP 5: Assemble the Upright

(A) Assemble the Upright-Left (110) and Upright-Right (111) to the Handlebar assembly and secure using two M8 x 56mm Allen Head Bolts (506). **Do not completely tighten M8 x 56mm Allen Head Bolts until step D.**

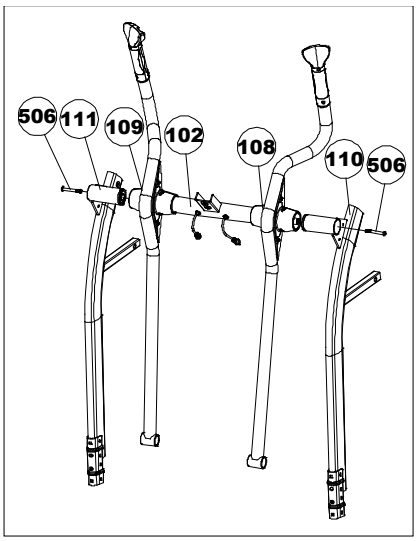
(B) Place the Upright Assembly to the Base Frame (104) and secure with M6 x 12mm Allen Head Bolt (520) and 6 x 13 x 1mm Washer (521). **Do not completely tighten M6 x 12mm Allen Head Bolts until STEP 11.**

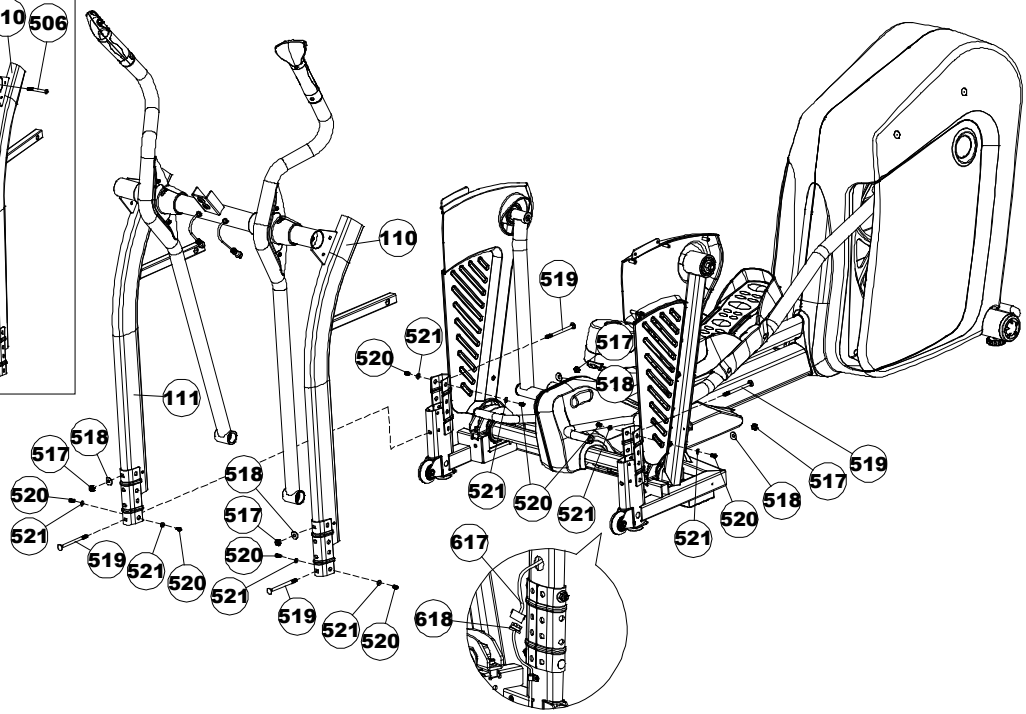
(C) Align the M8x105x20mm Carriage Bolt (519) with M8x20x1.5mm Cup Washer (517) to thread the Upright and Base Frame, and then use the M8 Nylon Nut to tight (517). **Do not completely tighten M8 Nylon Nut until STEP 11.**

(D) Tighten M8 x 56mm Allen Head Bolt (506).

(E) Connect the 8Pin Power Wire-Lower (618) to the 8Pin Power Wire-Middle (617).

506	X2	
517	X4	
518	X4	
519	X4	
520	X8	
521	X8	





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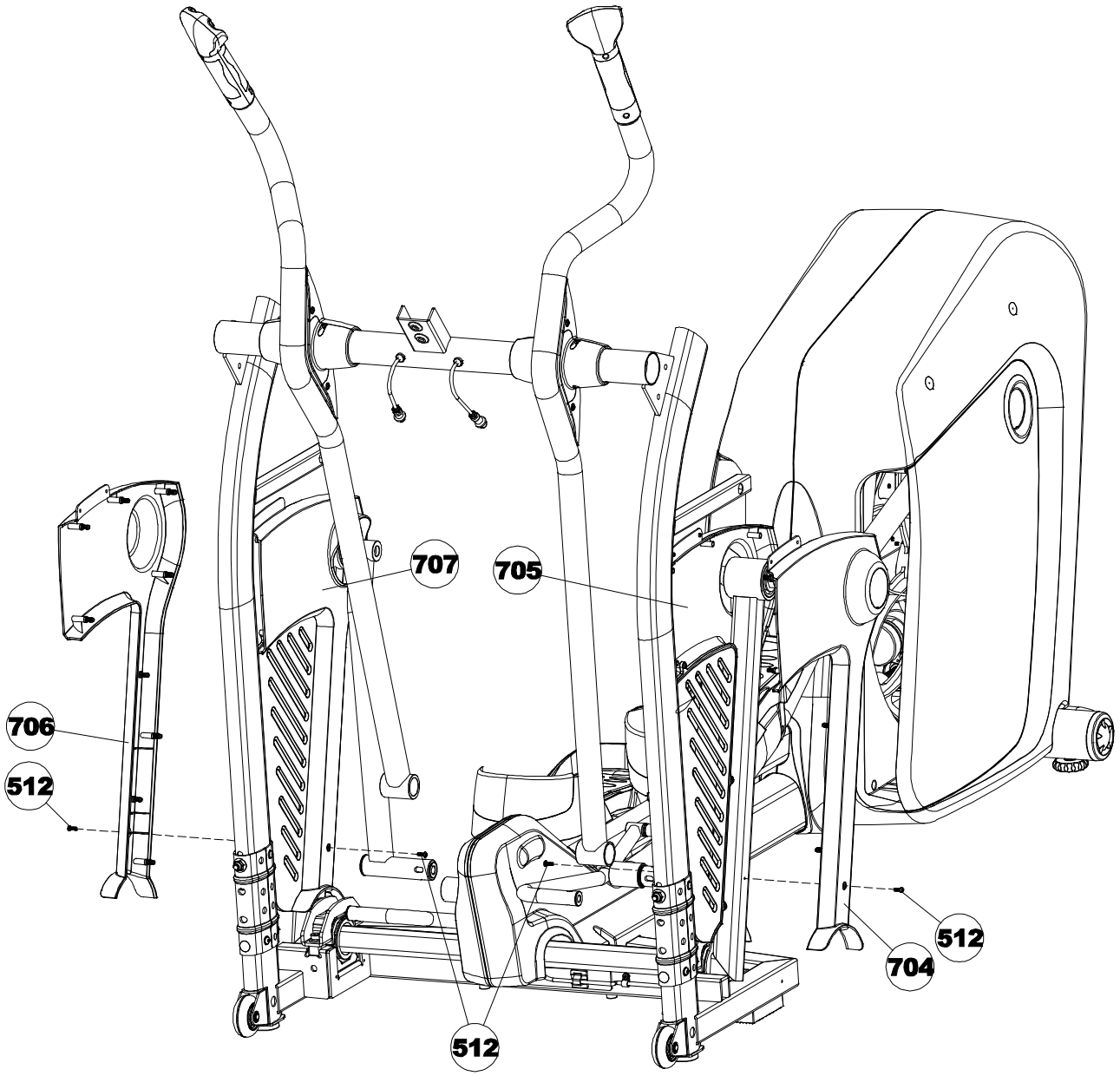
ASSEMBLY

STEP 6: **Assemble the Pivot Arm Covers**

(A) Assemble the Pivot Arm Cover-RR (706) and the Pivot Arm Cover (707) using the press-fit pins and secure to the frame using four 4 x 12mm Screws (512).

(B) Repeat the above procedure to assemble the left side.

512 X4



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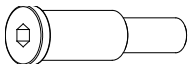
ASSEMBLY

STEP 7: **Connect the Pedal Arm to the Pedal Swing Arm**

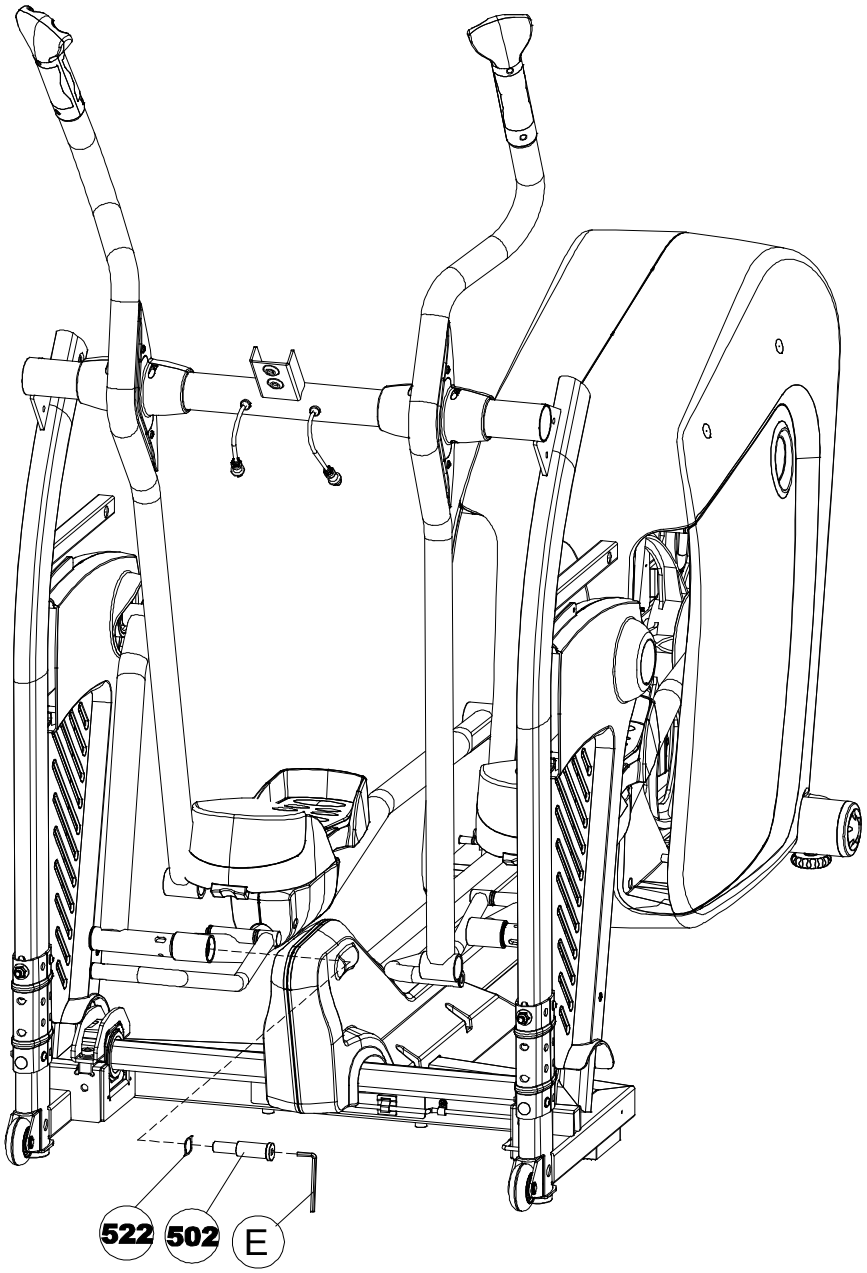
(A) Slide the 20 x 78-M14 X 35mm Bolt (502) through the Pedal Arm-Right (107) and Pedal Swing Arm (120) the secure by 8mm Allen Key (E).

(B) Repeat the above procedure to assemble the left side.

502 X2



522 X2



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ASSEMBLY

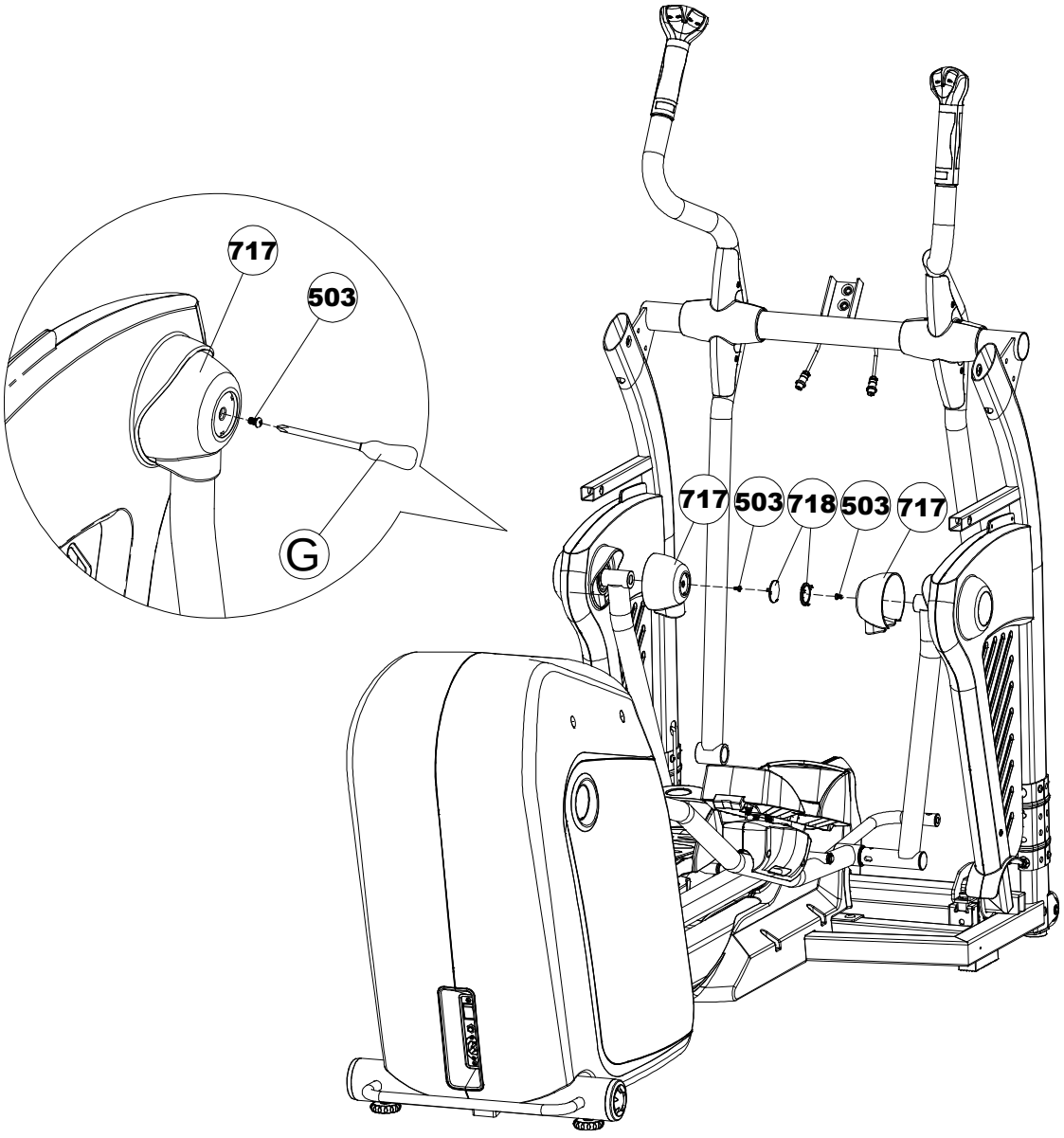
STEP 8: **Assemble the Pivot Cap**

NOTE: ALIGN THE 3 SNAP FIT TABS ON THE PEDAL SIDE CAPS (718) WITH THE 3 SNAP FIT ON THE PEDAL CAPS (717).

(A) Assemble the Pivot Cap (717) to the Pedal Swing Arm (120) and secure using the M5 x 8mm Screw (503) by Slotted Screwdriver(G).

(B) Press the Pedal Side Cap (718) to the Pedal Cap (717).

503	**X2**	
717	**X2**	
718	**X2**	



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ASSEMBLY

STEP 9: Assemble the Console Support Tube

NOTE: INSERT BOTH ENDS OF THE CONSOLE SUPPORT TUBE AT THE SAME TIME.

(A) Connect the 8Pin Power Wire-Upper (616) to the 8Pin Power Wire-Middle (617).

(B) Assemble the Consol Support Tube (103) to the Upright and secure using the M8 x 20mm Allen Head Bolt (504).

504 X2

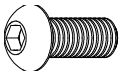
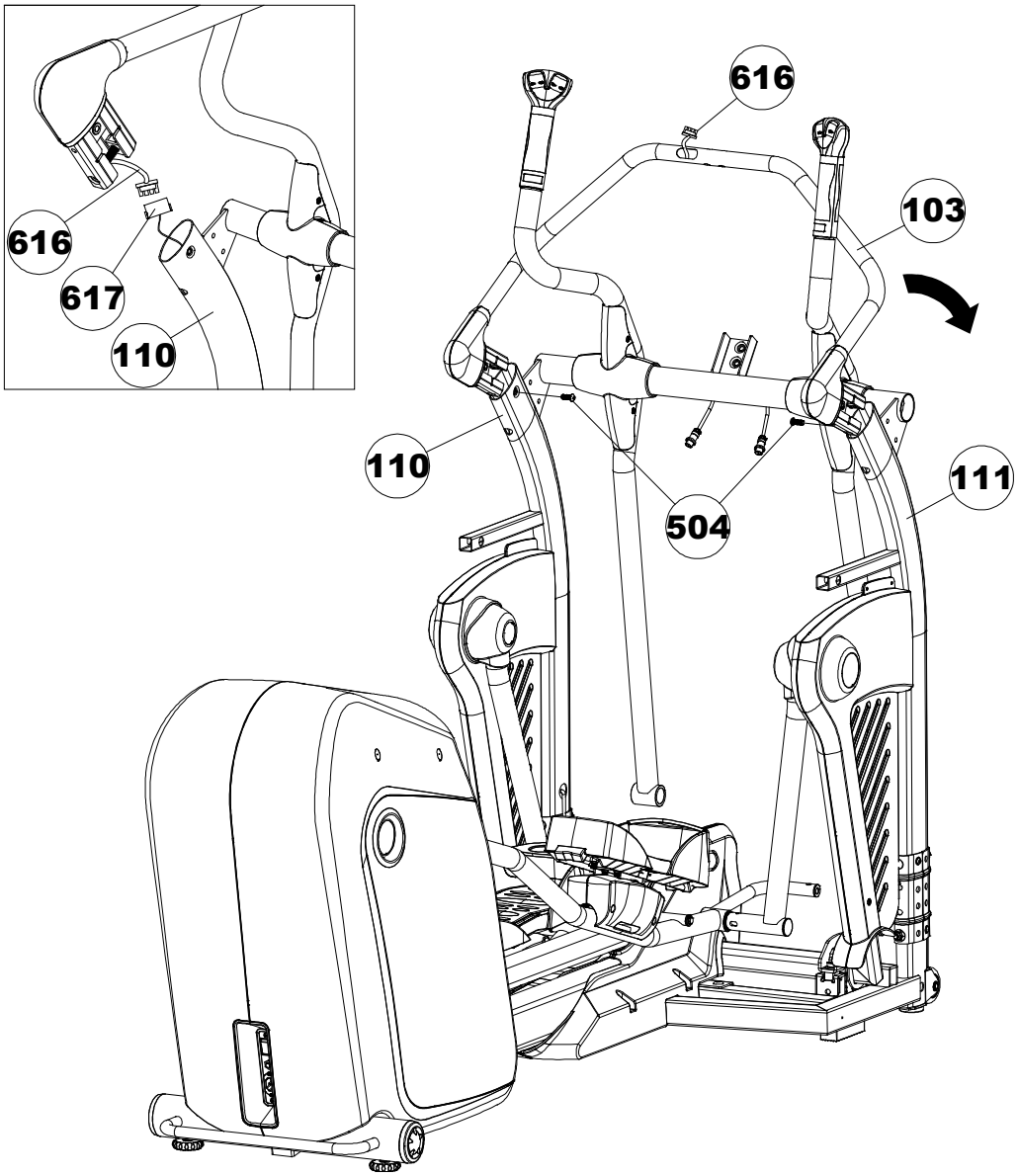


FIG 1



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ASSEMBLY

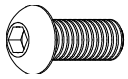
STEP 10: Assemble the Fixed Handlebar

(A) Assemble the Fixed Handlebar (101) to the Console Support Tube (103) and Crossbar (102).

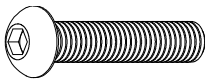
(B) Secure the Fixed Handlebar (101) to the Crossbar (102) with two M8 x 20mm Allen Head Bolts (504).

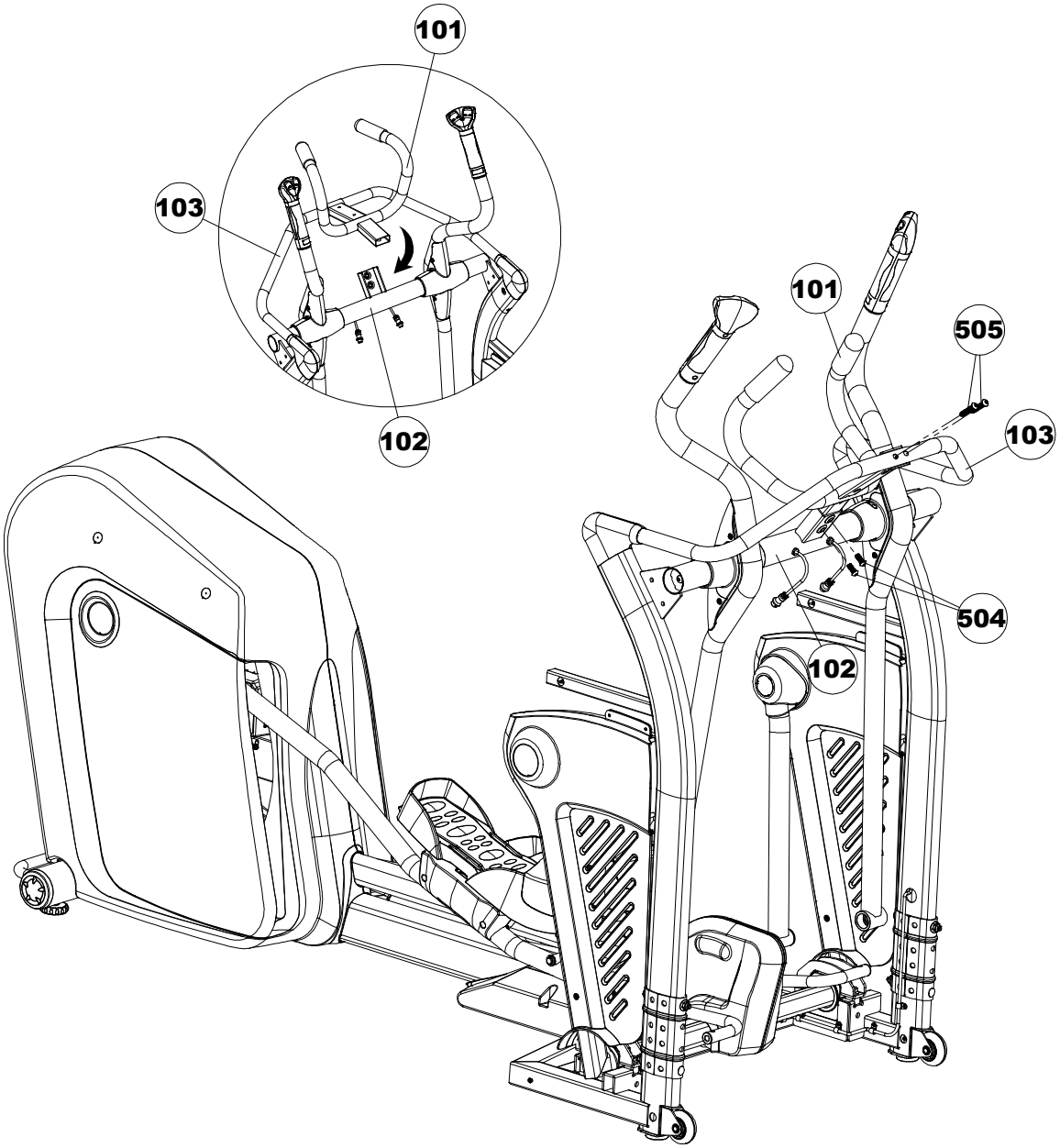
(C) Secure the Fixed Handlebar (101) to the Console Support Tube (103) with two M8 x 40mm Allen Head Bolts (505).

504 X2



505 X2





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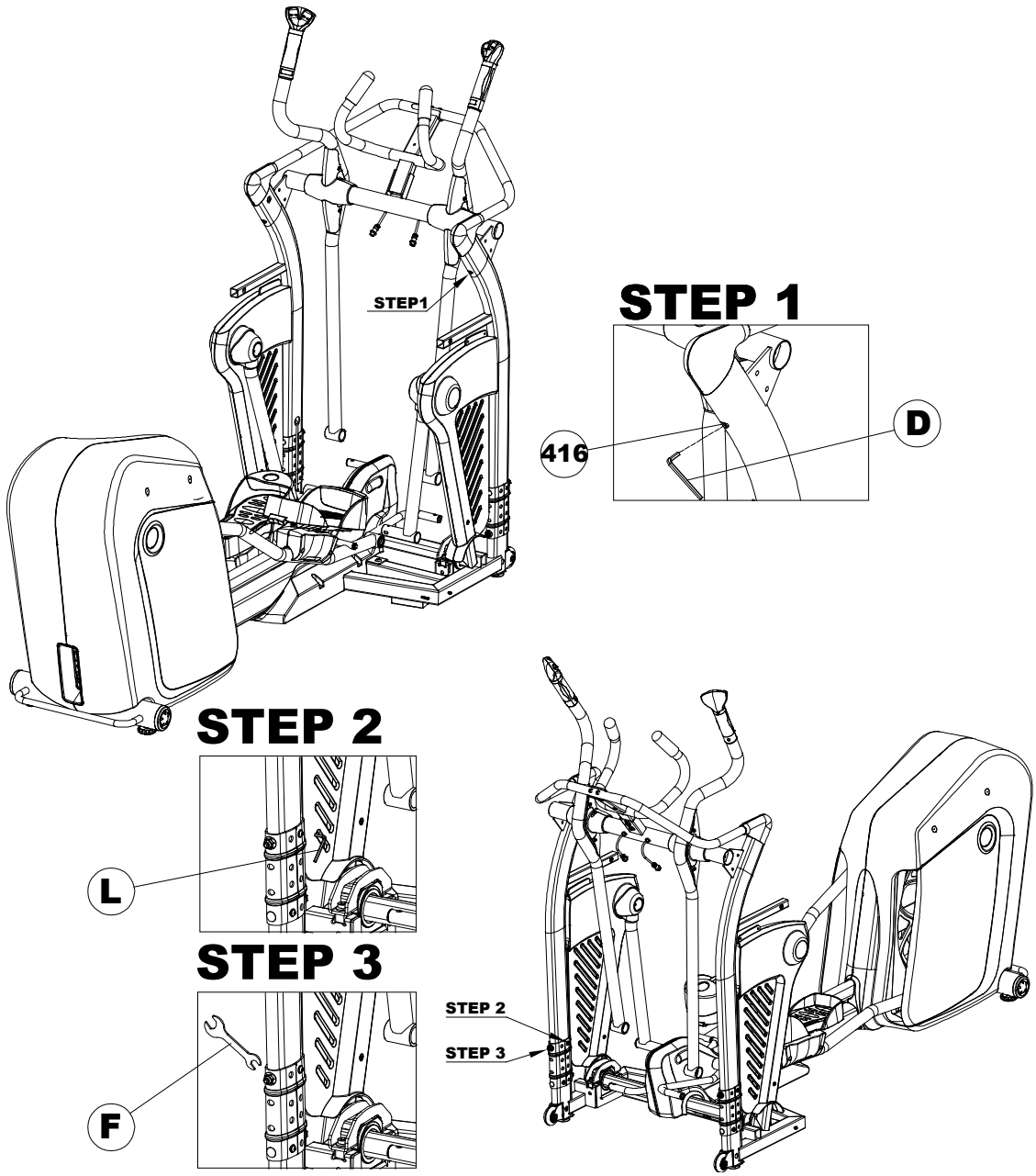
ASSEMBLY

STEP 11: Tighten all Bolts

(A) Tighten the M8 x 65mm Allen Head Cap Bolt by 6mm Allen Key (D) as show in STEP1.

(B) Tighten the M6 x 12mm Allen Head Bolt (520) by 4mm Allen Key (L) as show in STEP2.

(C) Tighten the M8 Nylon Nut (517) by Wrench (F) as show in STEP3.



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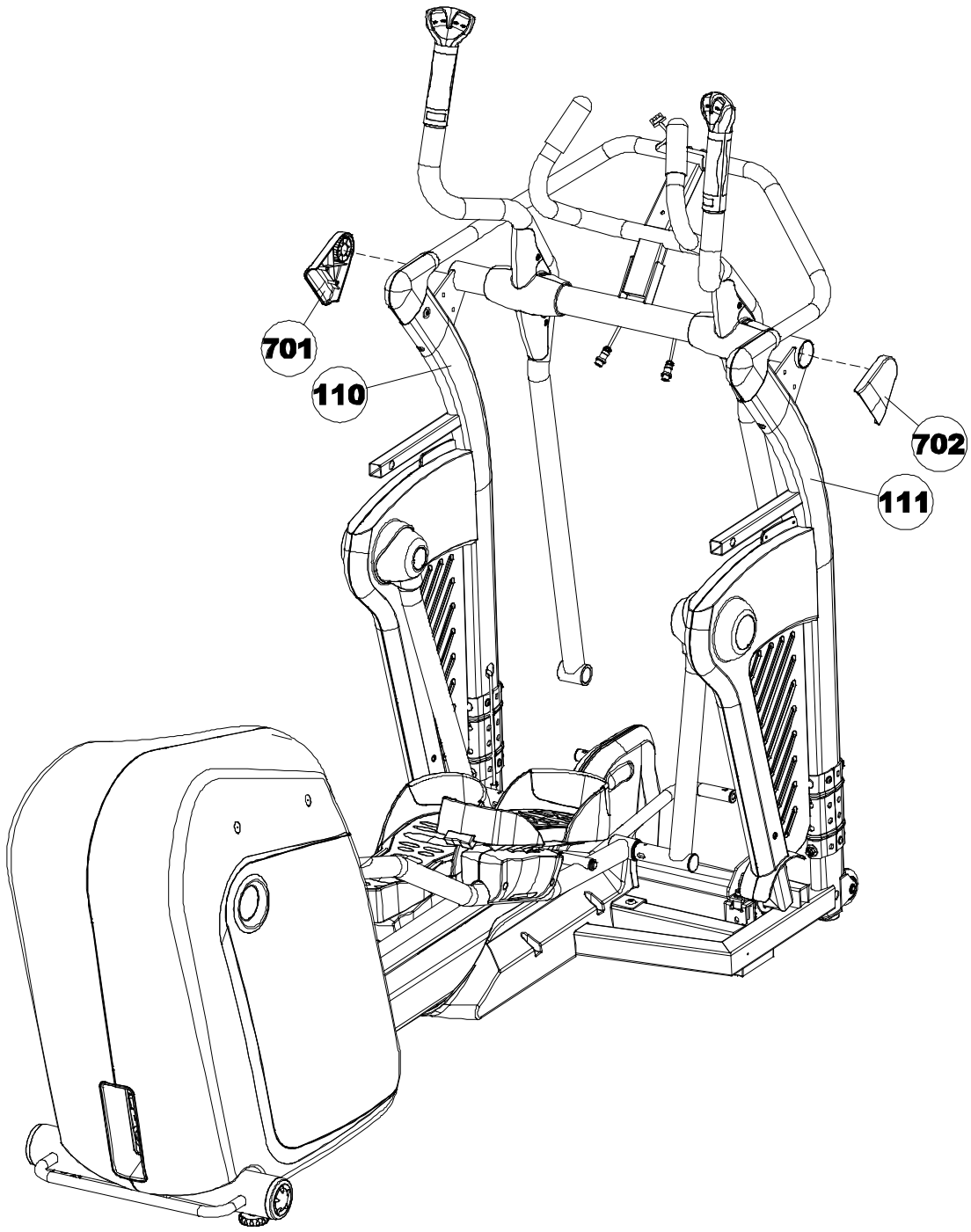
ASSEMBLY

STEP 12: Assemble Upright Side Covers

(A) Press the Upright Side Cover-Left (701) and Upright Side Cover-Right into the Upright sides.

701	**X1**	
702	**X1**	



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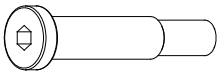
ASSEMBLY

STEP 13: Connect the Moving Linkage

(A) Connect the Action Handlebar-Right (109) to the Moving Linkage-Right (113) and secure using the 12 x 62-M10 x 20mm Bolt (501), 12 x 2 x 2mm Spring Washer (510), 12 x 22 x 2mm Washer (515), and 12 x 18 x 24.5 Sleeve (514) by 6mm Allen Key (D), as show in FIG1.

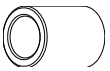
(B). Repeat the above procedure to assemble the left side.

501 X2



510 X2

514 X2



515 X2

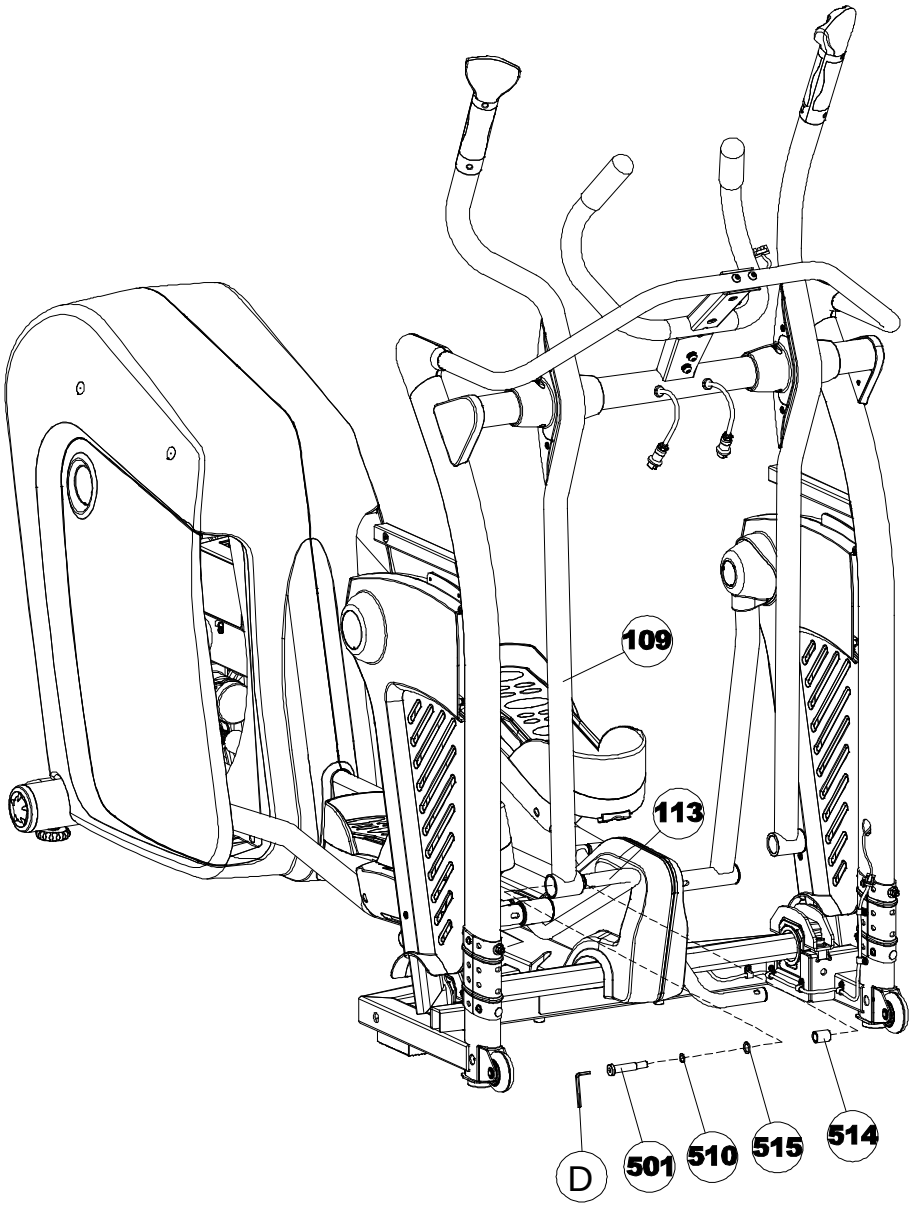
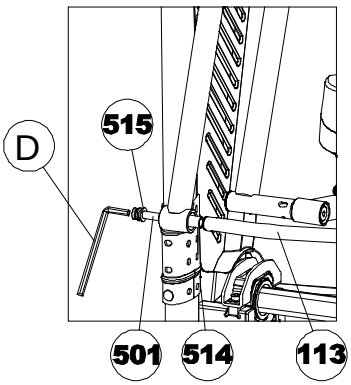


FIG 1



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ASSEMBLY

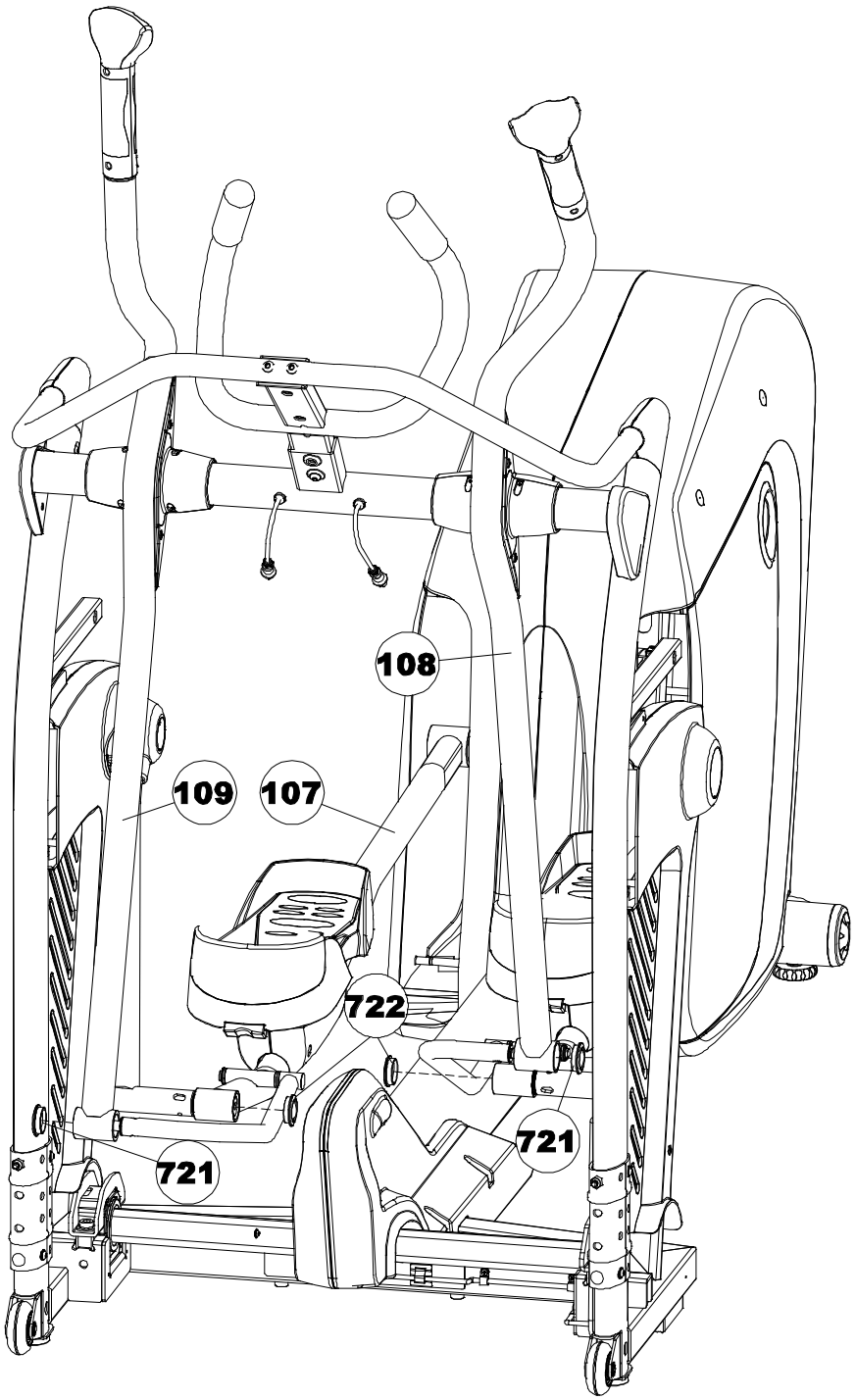
STEP 14: Assemble the Pedal Arm Front Pivot Covers

(A) Press the Pedal Arm Front Pivot Cover (721, 722) into the ends of the Action Handlebar-Right (109) and Pedal Arm-Right (107).

(B) Repeat the above procedure on the left side.

721 X2

722 X2



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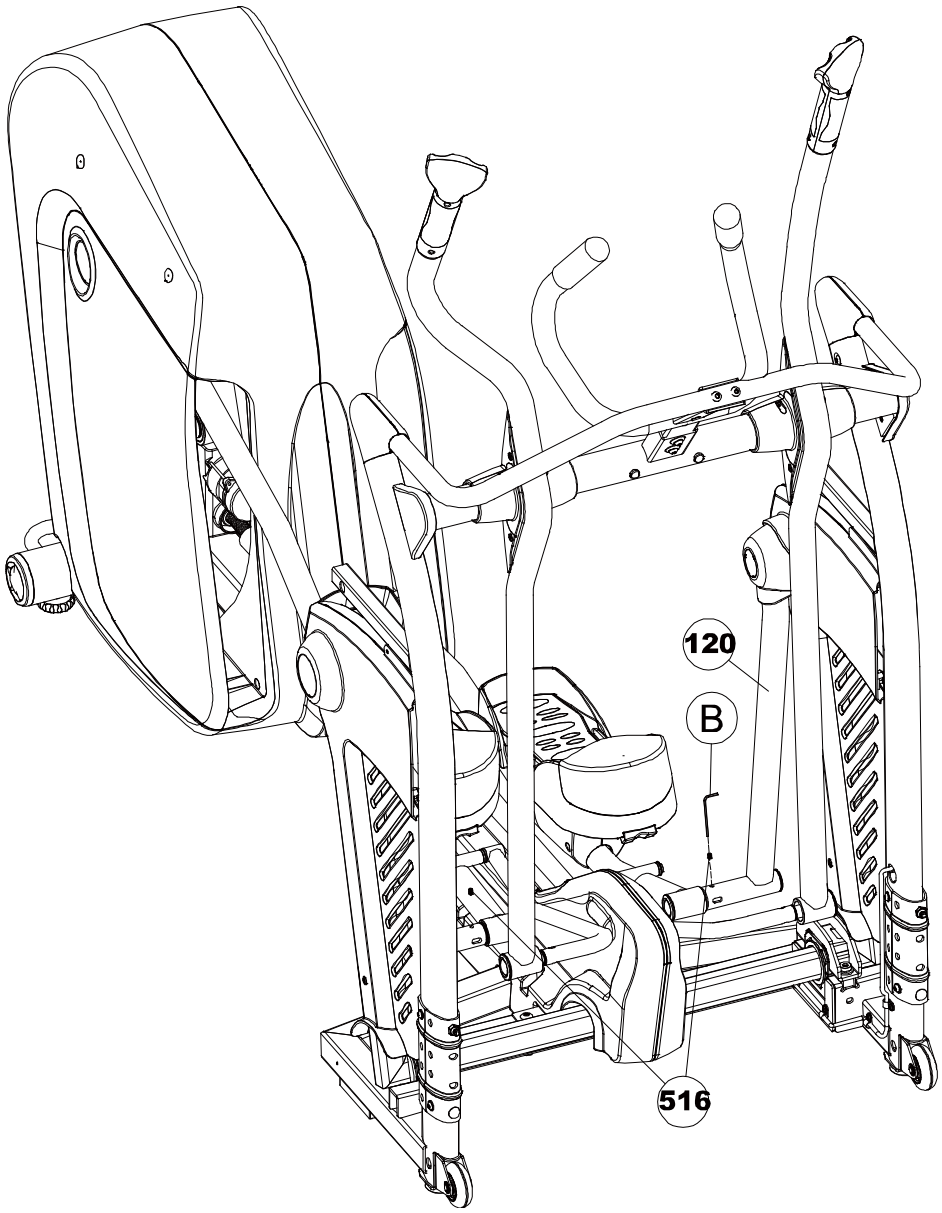
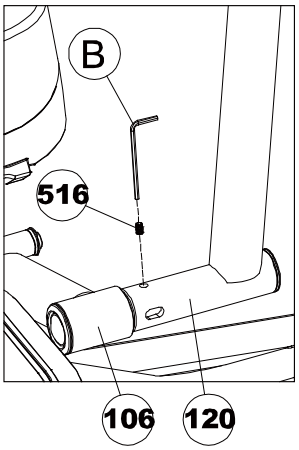
ASSEMBLY

STEP 15: Tighten Set Screws

(A) Secure the M5 x 6mm Screw (516) to the Pedal Swing Arm (120) using the 2.5mm Allen Key (B).

516 X2





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ASSEMBLY

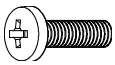
STEP 16: Assemble the Front Side Panels

NOTE: <u>THERE ARE 2 HOLES IN THE FRAME COMPONENTS THROUGH WHICH THE INSIDE AND OUTSIDE PLASTIC PANELS CONNECT TO EACHOTHER. USE THESE HOLES AS REFERENCES TO CORRECTLY POSITION THE PLASTIC PANELS.</u>

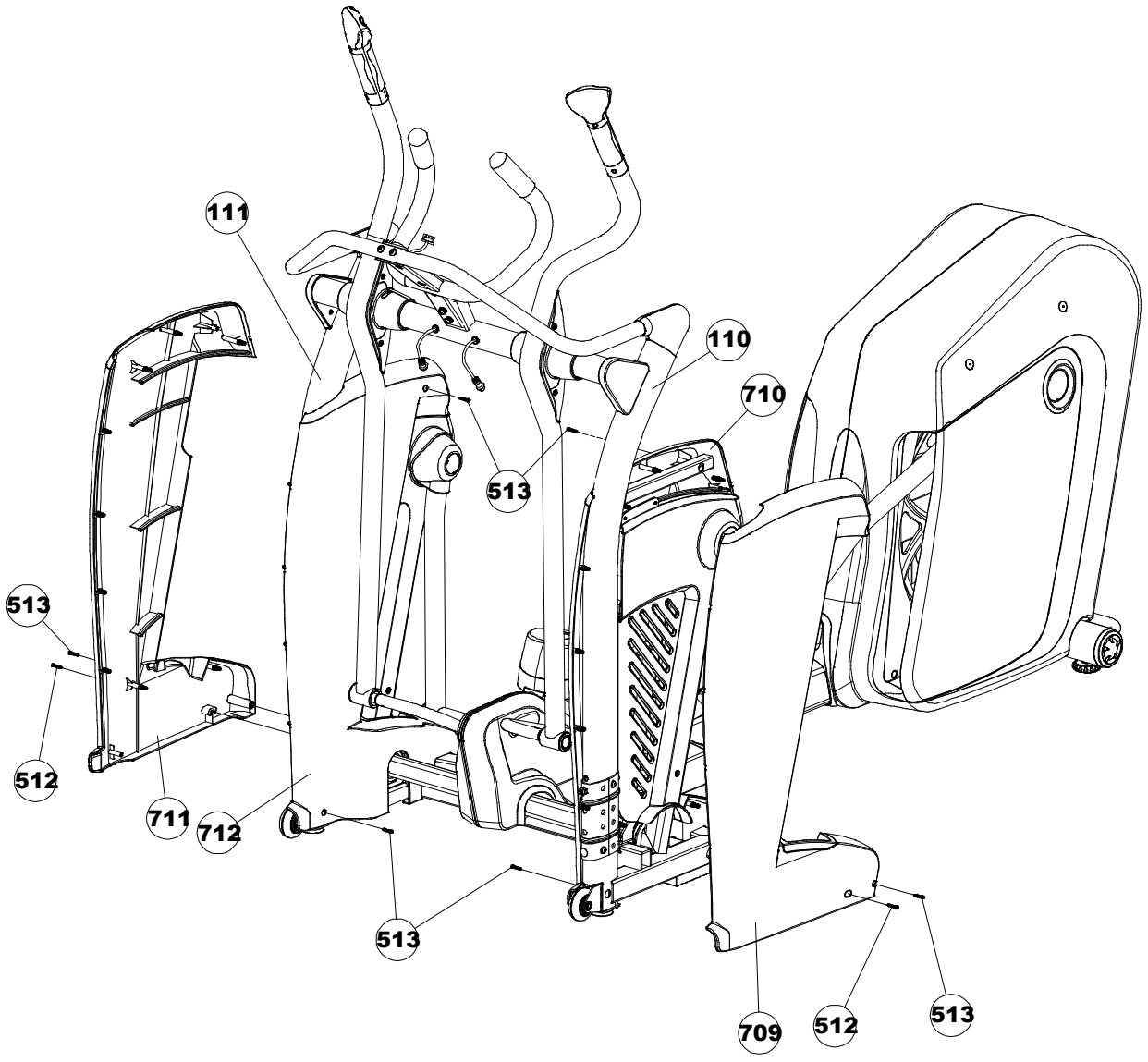
(A) Assemble the Front Side Panel-LL (709) and Front Side Panel-LR (710) to the left Upright and secure using one 4 x 12 Screw (512) and three 4 x 19mm Screws (513).

(B) Repeat the above procedure to assemble the right side.

512 X2



513 X6



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ASSEMBLY

STEP 17: Assemble the Console

NOTE: <u>BE SURE TO PUSH THE WIRES INTO THE CONSOLE BEFORE YOU SECURE TO THE FRAME.</u>

(A) Connect the 8Pin Power Wire-Top (615) to the 8Pin Power Wire-Upper (616) as show in FIG1.

(B) Assemble the Computer (312) to the Console Support Tube (103) and secure using two M6 x 40mm Screws (509).

(C) Connect the Hand Pulse Sensor Wire-Upper (622) to Computer (312) as show in FIG2.

509 X2

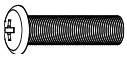
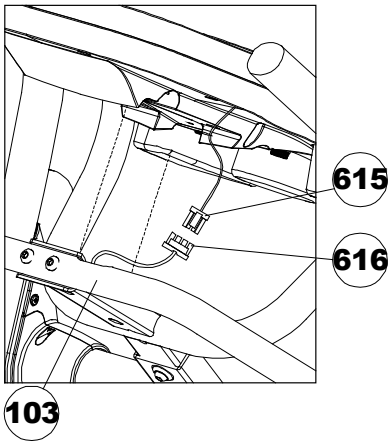


FIG 1



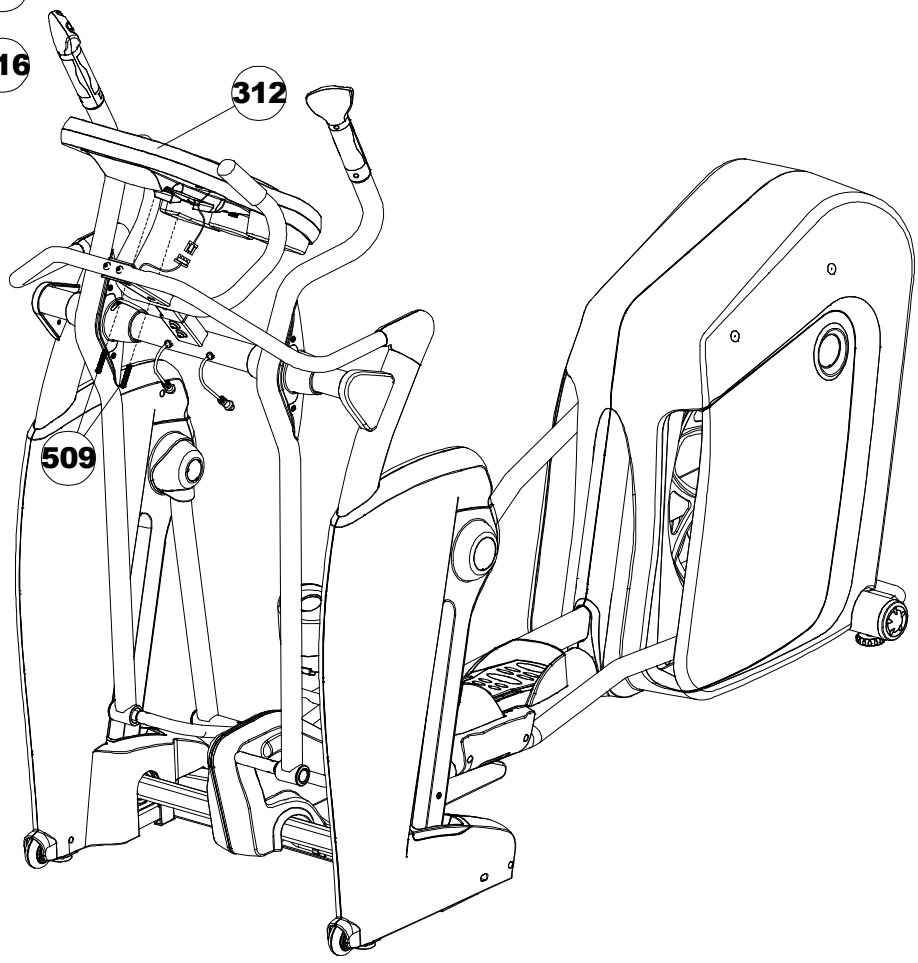
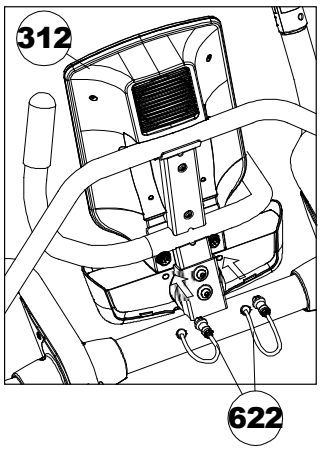


FIG 2



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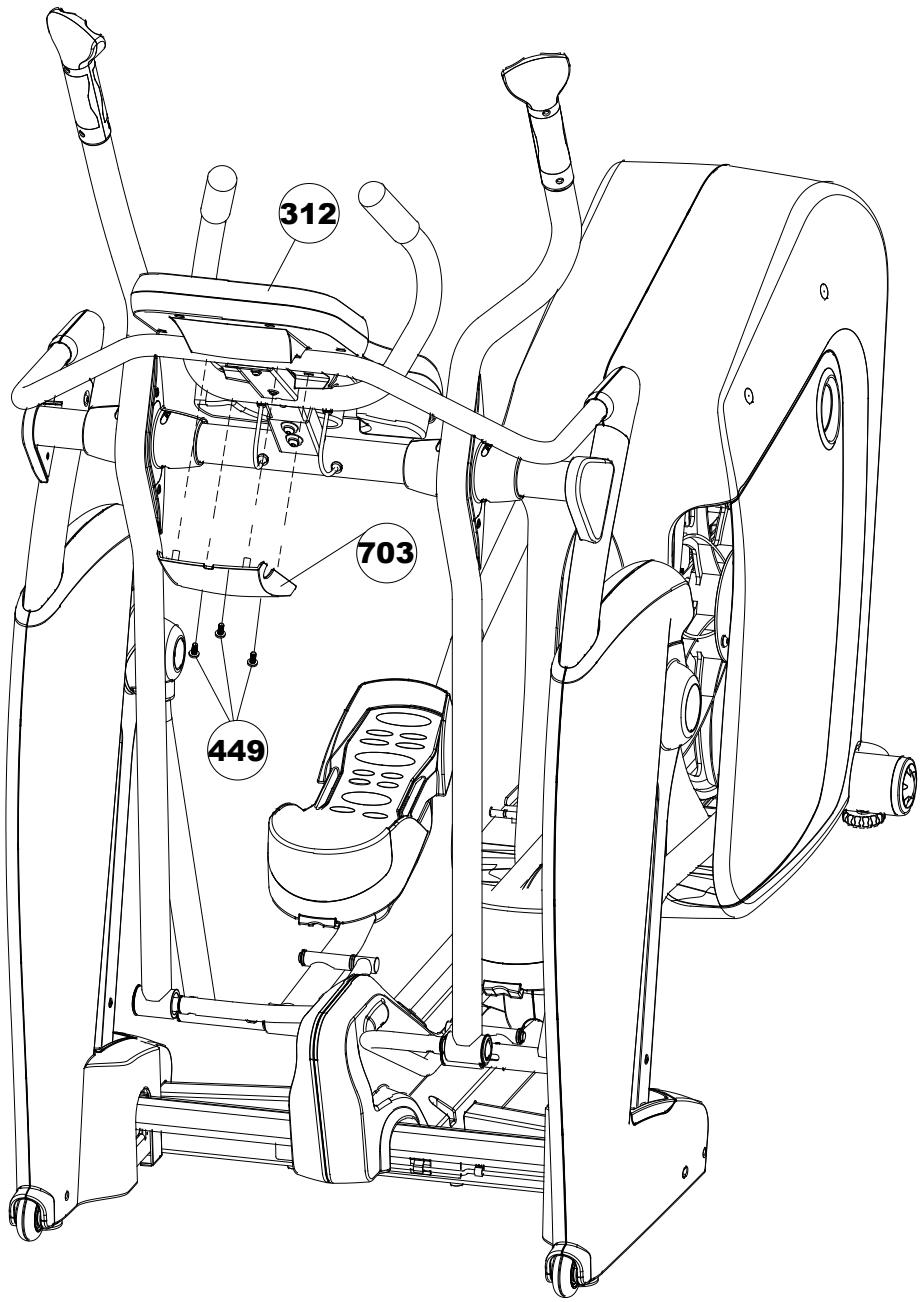
ASSEMBLY

STEP 18: Assemble Console Back Cover

(A) Assemble the Console Back Cover (703) to the Computer (312) by three 4x10mm Screw – Flat Point (449) .

449 X3



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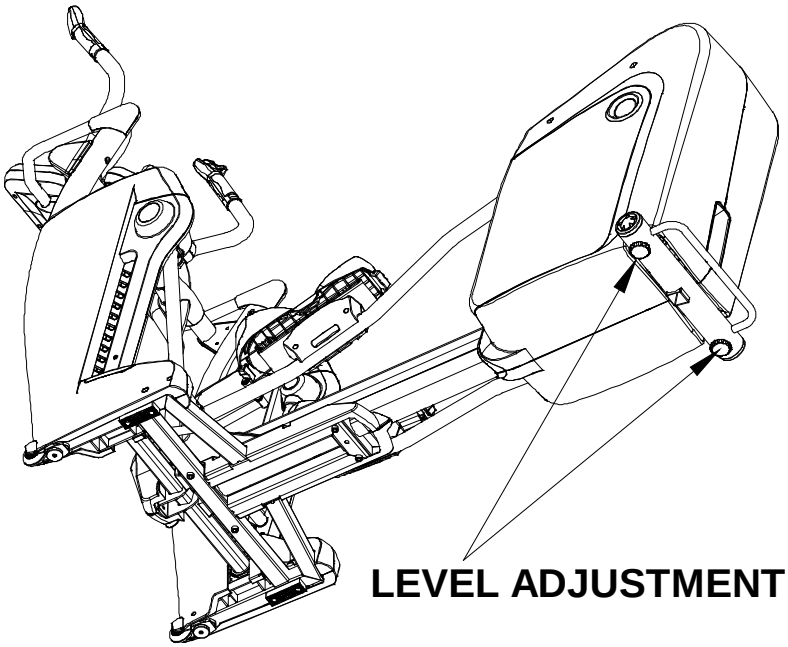
LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

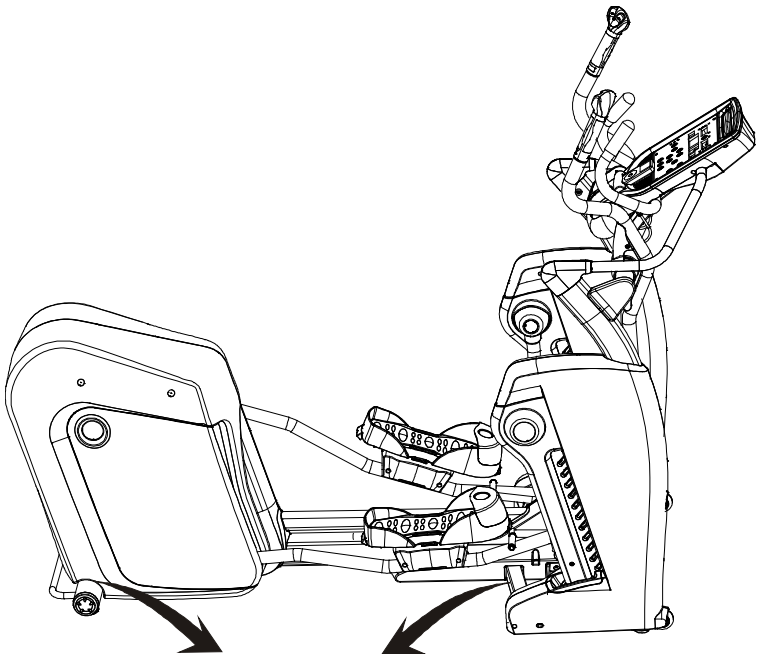
To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip, the AGILEI Dynamic Motion Trainer while adjusting the levelers

Tip the AGILEI Dynamic Motion Trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your AGILEI Dynamic Motion Trainer.



LEVEL ADJUSTMENT



SERIAL NUMBER LOCATION

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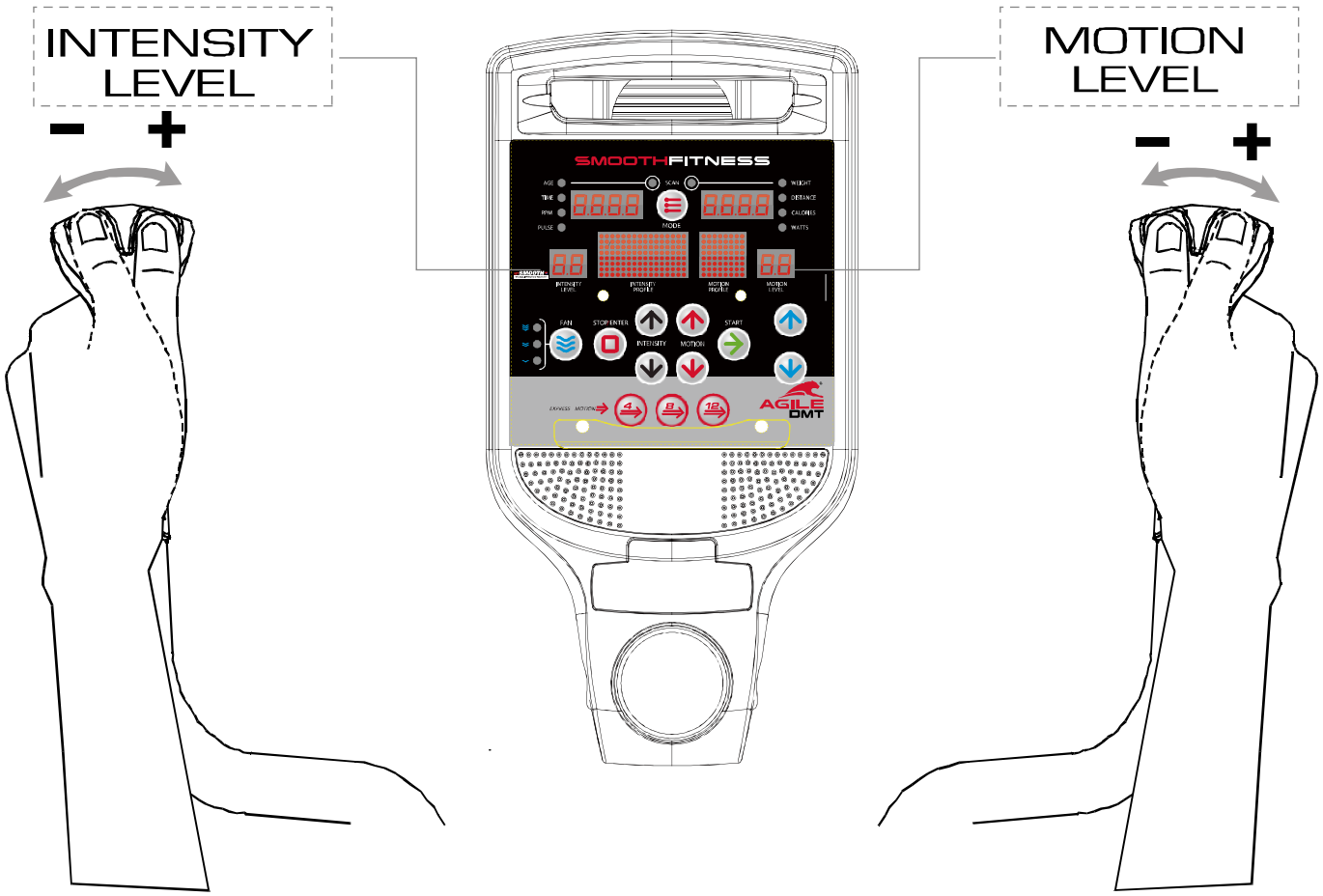
LITE-TOUCH CONTROL OPERATION

LITE-TOUCH CONTROL:

The Intensity Level and Motion Level can be controlled using the Lite-Touch controls on the hand grips of the action handlebars. As the illustration indicates, the right Lite-Touch Controller controls the Motion Level and the left Lite-Touch Controller controls the Intensity Level. You can see the corresponding readouts on the console follow this same orientation.

To use the Lite-Touch Controls, simply start a program or select START and begin your work out. To increase either the Motion Level or the Intensity Level, move your thumb to the thumb groove with the "+" indicator. If you hold your thumb in the thumb groove the level will continue to increase until you remove your thumb. To decrease the level simply place your thumb in the groove marked with the "-" indicator.



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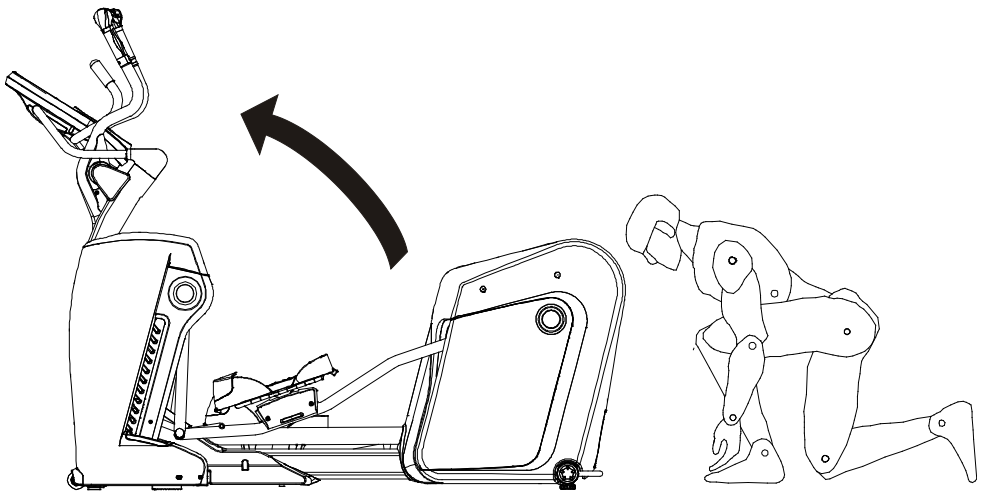
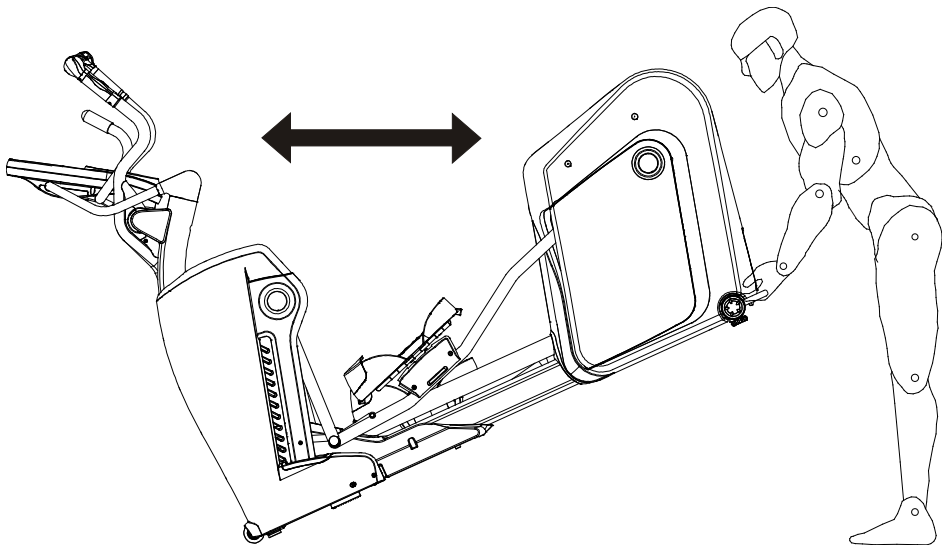
TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your AGILEI Dynamic Motion Trainer simply lift the back end and roll it away to the desired location, as shown.





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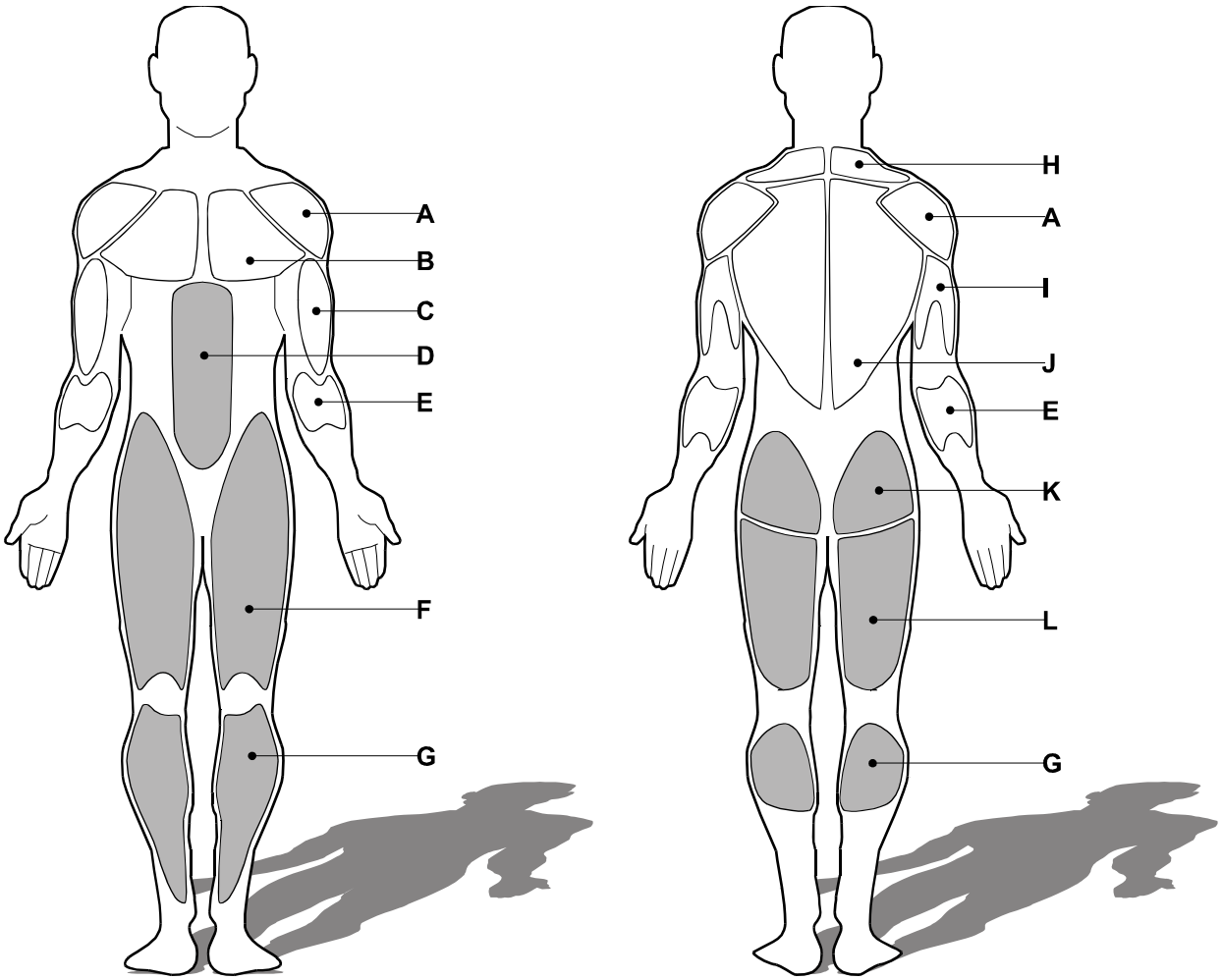
MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

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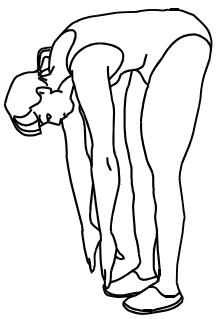
STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

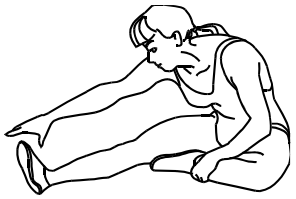
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

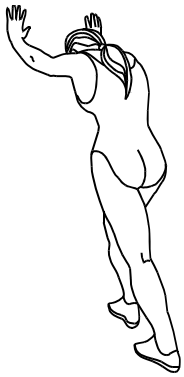


Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

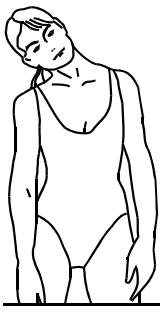
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



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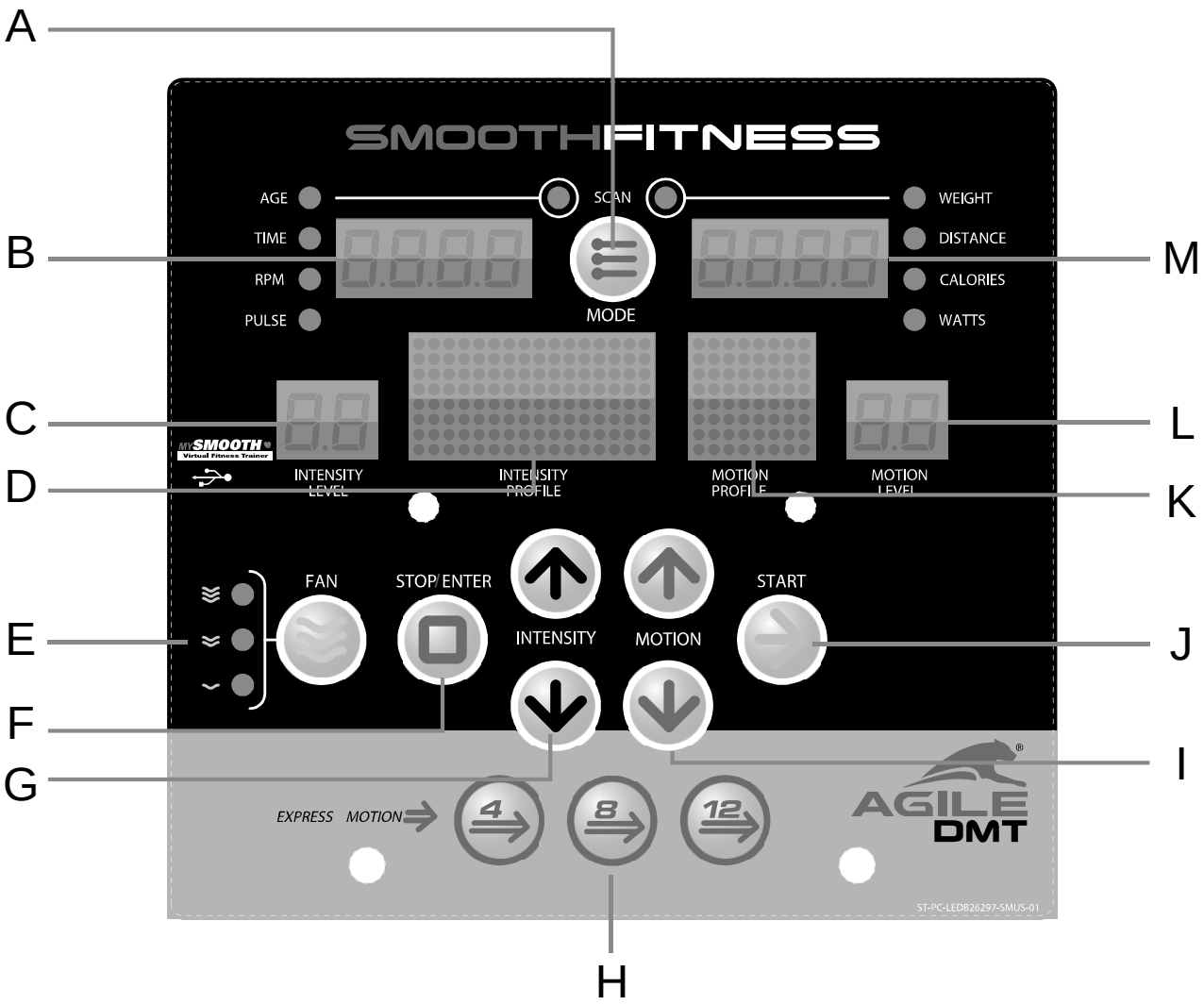
COMPUTER OPERATION



MODE	A	B	DATA DISPLAY-1
INTENSITY LEVEL	C	D	INTENSITY PROFILE
FAN CONTROL	E	F	STOP / ENTER
INTENSITY UP/DOWN	G	H	EXPRESS MOTION
MOTION UP/DOWN	I	J	START
VOLUME CONTROL	K	L	MOTION PROFILE
MOTION LEVEL	M	N	DATA DISPLAY-2

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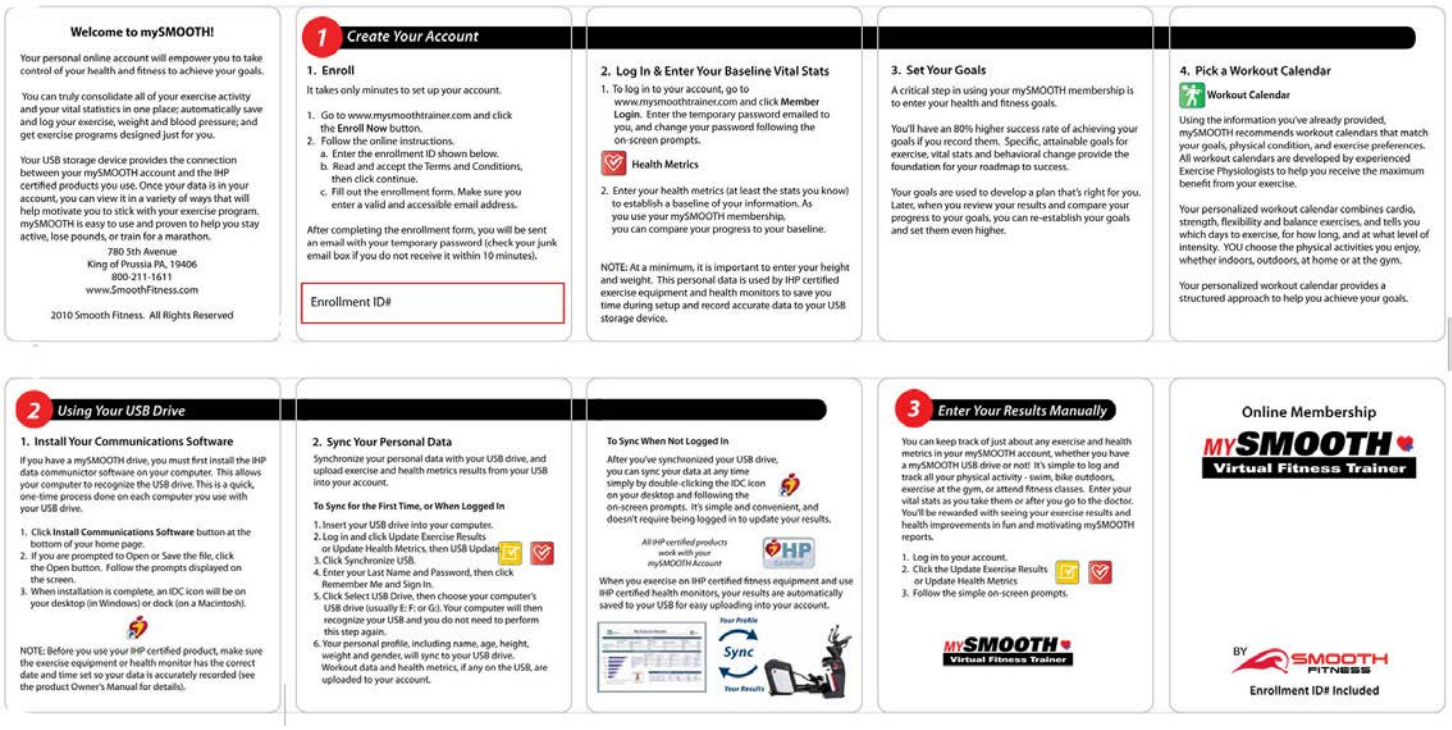
COMPUTER OPERATION

MY SMOOTH
Virtual Fitness Trainer

Congratulations this product is equipped with the MY SMOOTH Virtual Fitness Trainer. Whether you want to lose weight, train for a sporting event, or simply maintain a healthy lifestyle, the MY SMOOTH Virtual Fitness Trainer provides the tools, structure and support you need to be fit and live healthy. The 5 simple steps, outlined in the customer care kit* are proven to help you lose weight, improve your health, and make positive steps to a healthier lifestyle. These five steps combined with the tools built into your online account, will provide you with a great start toward achieving your goals.

To set up your account, refer to the instructions in the Getting Started Guide contained in your Smooth Fitness customer care kit or visit www.my smoothtrainer.com


Welcome to mySMOOTH!
Your personal online account will empower you to take control of your health and fitness to achieve your goals.
You can truly consolidate all of your exercise activity and your vital statistics in one place; automatically save and log your exercise, weight and blood pressure; and get exercise programs designed just for you.
Your USB storage device provides the connection between your mySMOOTH account and the IHP certified products you use. Once your data is in your account, you can view it in a variety of ways that will help motivate you to stick with your exercise program. mySMOOTH is easy to use and proven to help you stay active, lose pounds, or train for a marathon.
780 5th Avenue
King of Prussia PA, 19406
800-211-1611
www.SmoothFitness.com
2010 Smooth Fitness. All Rights Reserved
1 Create Your Account
1. Enroll
It takes only minutes to set up your account.
1. Go to www.mysmoothtrainer.com and click the Enroll Now button.
2. Follow the online instructions.
a. Enter the enrollment ID shown below.
b. Read and accept the Terms and Conditions, then click continue.
c. Fill out the enrollment form. Make sure you enter a valid and accessible email address.
After completing the enrollment form, you will be sent an email with your temporary password (check your junk email box if you do not receive it within 10 minutes).
Enrollment ID#
2. Log In & Enter Your Baseline Vital Stats
1. To log in to your account, go to www.mysmoothtrainer.com and click Member Login. Enter the temporary password emailed to you, and change your password following the on-screen prompts.
Health Metrics
2. Enter your health metrics (at least the stats you know) to establish a baseline of your information. As you use your mySMOOTH membership, you can compare your progress to your baseline.
NOTE: At a minimum, it is important to enter your height and weight. This personal data is used by IHP certified exercise equipment and health monitors to save you time during setup and record accurate data to your USB storage device.
3. Set Your Goals
A critical step in using your mySMOOTH membership is to enter your health and fitness goals.
You'll have an 80% higher success rate of achieving your goals if you record them. Specific, attainable goals for exercise, vital stats and behavioral change provide the foundation for your roadmap to success.
Your goals are used to develop a plan that's right for you. Later, when you review your results and compare your progress to your goals, you can re-establish your goals and set them even higher.
4. Pick a Workout Calendar
Workout Calendar
Using the information you've already provided, mySMOOTH recommends workout calendars that match your goals, physical condition, and exercise preferences. All workout calendars are developed by experienced Exercise Physiologists to help you receive the maximum benefit from your exercise.
Your personalized workout calendar combines cardio, strength, flexibility and balance exercises, and tells you which days to exercise, for how long, and at what level of intensity. YOU choose the physical activities you enjoy, whether indoors, outdoors, at home or at the gym.
Your personalized workout calendar provides a structured approach to help you achieve your goals.
2 Using Your USB Drive
1. Install Your Communications Software
If you have a mySMOOTH drive, you must first install the IHP data communicator software on your computer. This allows your computer to recognize the USB drive. This is a quick, one-time process done on each computer you use with your USB drive.
1. Click Install Communications Software button at the bottom of your home page.
2. If you are prompted to Open or Save the file, click the Open button. Follow the prompts displayed on the screen.
3. When installation is complete, an IDC icon will be on your desktop (in Windows) or dock (on a Macintosh).
NOTE: Before you use your IHP certified product, make sure the exercise equipment or health monitor has the correct date and time set so your data is accurately recorded (see the product Owner's Manual for details).
2. Sync Your Personal Data
Synchronize your personal data with your USB drive, and upload exercise and health metrics results from your USB into your account.
To Sync for the First Time, or When Logged In
1. Insert your USB drive into your computer.
2. Log in and click Update Exercise Results or Update Health Metrics, then USB Update
3. Click Synchronize USB.
4. Enter your Last Name and Password, then click Remember Me and Sign In.
5. Click Select USB Drive, then choose your computer's USB drive (usually E: F: or G:). Your computer will then recognize your USB and you do not need to perform this step again.
6. Your personal profile, including name, age, height, weight and gender, will sync to your USB drive. Workout data and health metrics, if any on the USB, are uploaded to your account.
To Sync When Not Logged In
After you've synchronized your USB drive, you can sync your data at any time simply by double-clicking the IDC icon on your desktop and following the on-screen prompts. It's simple and convenient, and doesn't require being logged in to update your results.
All IHP certified products work with your mySMOOTH Account
When you exercise on IHP certified fitness equipment and use IHP certified health monitors, your results are automatically saved to your USB for easy uploading into your account.
Your Profile
Sync
Your Results
3 Enter Your Results Manually
You can keep track of just about any exercise and health metrics in your mySMOOTH account, whether you have a mySMOOTH USB drive or not! It's simple to log and track all your physical activity - swim, bike outdoors, exercise at the gym, or attend fitness classes. Enter your vital stats as you take them or after you go to the doctor. You'll be rewarded with seeing your exercise results and health improvements in fun and motivating mySMOOTH reports.
1. Log in to your account.
2. Click the Update Exercise Results or Update Health Metrics
3. Follow the simple on-screen prompts.
MY SMOOTH
Virtual Fitness Trainer
Online Membership
MY SMOOTH
Virtual Fitness Trainer
BY SMOOTH FITNESS
Enrollment ID# Included

*Not all Smooth Fitness products include the Smooth Customer Care Kit

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COMPUTER OPERATION

MYSMOOTH Virtual Fitness Trainer

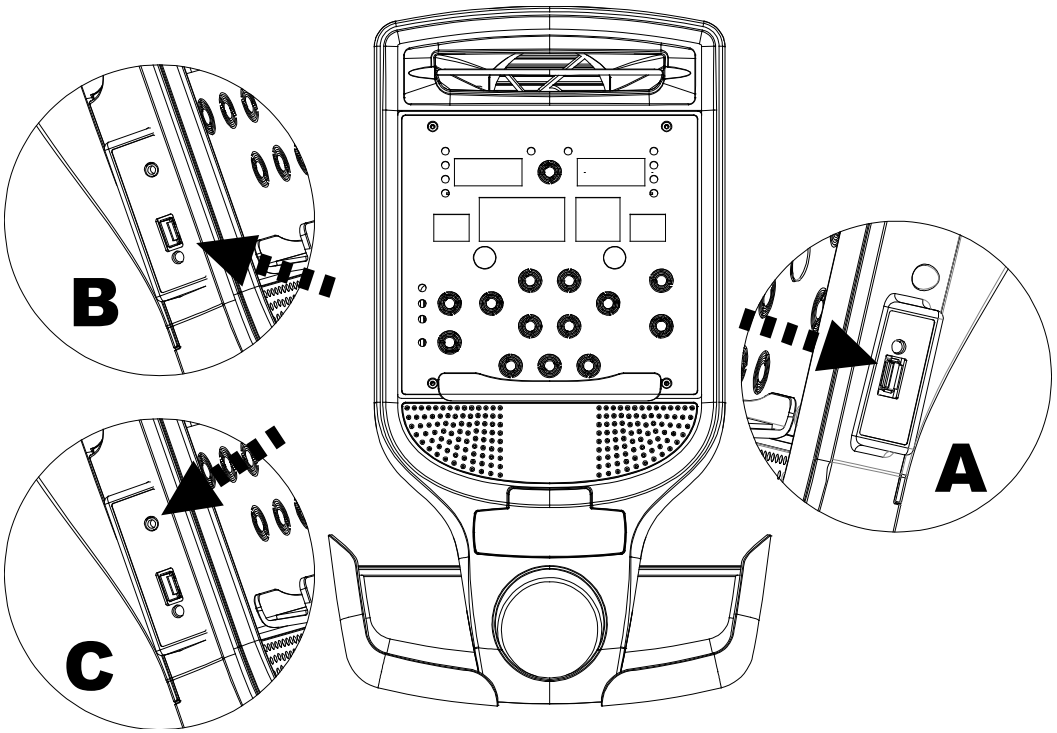
MYSMOOTH Virtual Fitness Trainer USB	To record your exercise and health metrics, you must log on to www.mysmoothtrainer.com . Then sync your MY Smooth Virtual Fitness Trainer USB device. Once complete simply plug in the MY Smooth Virtual Fitness Trainer USB device to you compatible Smooth Fitness exercise machine. Displayed on the equipment will be your name, weight height and age. Press "START" button to begin your workout, the console will record your exercise data automatically, every 20 seconds, to your MY Smooth Virtual Fitness Trainer USB device. After your exercise session is complete, Insert the MY Smooth device in to the USB port of your PC or MAC to upload your data to The MY Smooth Virtual Fitness Trainer online health management program. The detailed reports show your exercise and health results, trends and recommendations to better achieve and maintain your fitness goals.

USB Port Instruction

A.
MY Smooth Virtual Fitness Trainer- Record your fitness statistics.

B.
USB charging port.- Charge you favorite mobile device while you workout.

C.
Mp3 Jack- Connects and listens to your Audio device using a 2.5mm audio plug.



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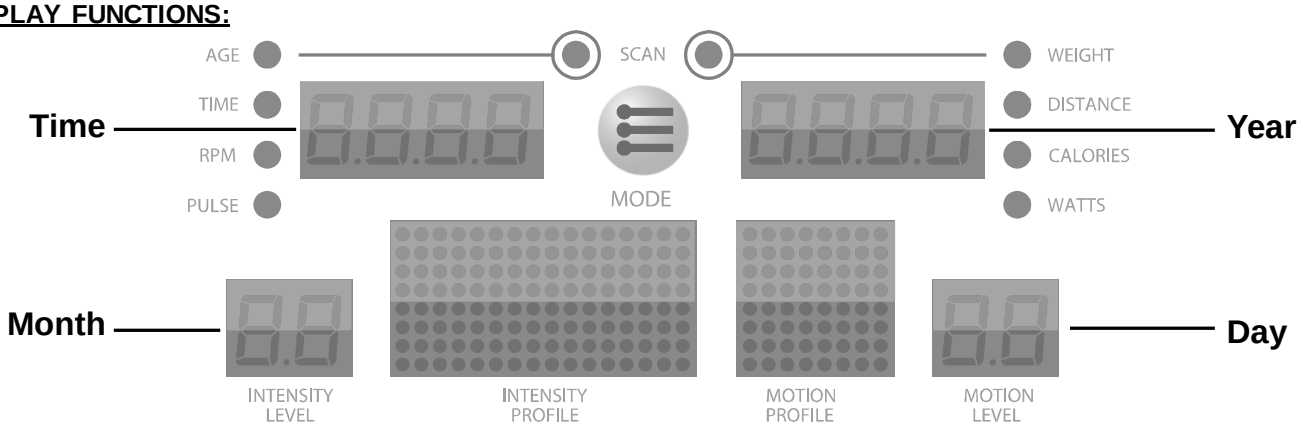
COMPUTER OPERATION

DISPLAY FUNCTIONS:



- Please set your local time. Turn on the power switch, and the computer will reset automatically and "L1" blinks for about 2 seconds, after a "Beep". Then please press INTENSITY UP and DOWN simultaneously and hold for 5 seconds. Once the date data begins to blink press the INTENSITY UP or DOWN to select correct time and date, press STOP/ENTER to save the set value and proceed to the next entry.
- Press the START button to quick-start exercise.
- Press any button to skip into USER selection mode"U1", please refer to "PROGRAM MODE" for following operation.

There are 4 display areas to show all the necessary information prior to and during the workout.

INTENSITY LEVEL DISPLAY:
Displays intensity level from 1 to 20.

8 x 16 DOT MATRIX INTENSITY LEVEL PROFILE DISPLAY:
Displays all operating instructions prior to the workout and displays intensity level profiles during the workout.

8 x 8 DOT MATRIX MOTION LEVEL PROFILE DISPLAY:
Displays motion level profiles during the workout.

MOTION LEVEL DISPLAY:
Displays motion levels from 1 to 12.

DATA DISPLAY 1:
Prior to using a preset program, data display 1 displays and allows user to set age, workout time and target heart rate.

During the workout, data display 1 displays TIME, RPM or PULSE depending on which display mode is selected. Scan mode can also be selected to view all available data.

DATA DISPLAY 2:
Prior to using a preset program, data display 2 displays and allows user to set weight, distance target, calorie target or watt target.

During the workout, data display 2 displays DISTANCE, CALORIES or WATTS depending on which display mode is selected. Scan mode can also be selected to view all available data.

DISPLAY MODES:
Mode 1: Scan mode (scans through display modes 2-4)
Mode 2: TIME and DISTANCE
Mode 3: RPM and CALORIES
Mode 4: PULSE and WATTS

POWER ON:
Plug in the POWER CORD and set the power switch to ON. All the LED windows will light up and begin scanning. The INTENSITY LEVEL Dot Matrix displays and begins showing "*U1*". The other LED windows will show the factory settings as follows:

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COMPUTER OPERATION

INTENSITY LEVEL window display: "0"
MOTION LEVEL window display: "0"
DATA DISPLAY-1: displays (default AGE): "*35*", AGE LED light on.
DATA DISPLAY-2: displays (default WEIGHT): "*150*" lb, WEIGHT LED light on.

During the workout, press the STOP button twice to return to POWER ON status.

SLEEP MODE:
The computer will automatically enter SLEEP MODE if left idle for 2 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it is plugged in to keep the LEDs lit. To turn SLEEP MODE off, get the console to POWER ON status then press INTENSITY UP and DOWN buttons and hold for 5 seconds. Data display 2 will show "1". Press the START button and data display 2 will display the SLEEP MODE status. To toggle between "On" and "Off", select INTENSITY UP or DOWN then press STOP/ENTER to confirm and return to POWER ON status.

PAUSE/STOP:
During the workout, press the STOP button or stop pedaling for 30 seconds to enter PAUSE status. The INTENSITY LEVEL Dot Matrix display will show "*PAUSE*". All the figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the displays will continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button twice, all the data will return to 0 and the computer will return to POWER ON status.

FAN:

First Press: Second Press: Third Press: Fourth Press: **STOP**

ENGLISH/METRIC CONVERSION:
The console display can show ENGLISH and METRIC information. The factory should have the proper setting on this for the different markets. In case it needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

1. Set the POWER SWITCH to ON. Press both the MODE and START button at the same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display and scrolling "*KM*" or "*ML*". KM is displayed for METRIC and ML for ENGLISH.

2. Press the INTENSITY UP/DOWN button to switch between Metric and English then pressing STOP/ENTER to save the setting and return to Power On status.

SOUND on/off:
From the POWER ON status press and hold MOLD and STOP/ENTER buttons for 5 seconds to get to the display control mode. The data display 1 will be displaying "1". Press INTENSITY UP once so that "2" is displaying then press the START button. To toggle between sound "on" or "off" use the INTENSITY UP or DOWN button then press STOP/ENTER to confirm and return to POWER ON status.

QUICK START:
When the console is in POWER ON status, press the START button to activate the QUICK START program. The Intensity Level Display shows "1" and the INTENSITY LEVEL Dot Matrix displays the intensity level profile. The Motion Level Display shows "1" and the MOTION LEVEL Dot Matrix displays motion level profile. Press the INTENSITY UP/DOWN button to change the intensity level. Press the MOTION UP/DOWN button to change the motion level. The TIME, CALORIES and DISTANCE will count up from 0.

PROGRAM OPERATION INSTRUCTION:
At POWER ON status, press STOP/ENTER button to enter preset PROGRAM MODE and to set user parameters.

SET UP USER CODE:
At first, the INTENSITY PROFILE will show a blinking U1, and will also display only factory default setting values for user WEIGHT, and AGE. Press the INTENSITY UP/DOWN buttons to choose the User ID from U1 to U9 and press the STOP/ENTER buttons to assign the user ID shown.

AGE set up – After the User ID set up procedure, the computer will display the default "35" or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user age information then press STOP/ENTER to confirm.

WEIGHT set up – After the User AGE confirmation procedure, the computer will display the default "150(lbs)/68(kgs) or previous setting and begin blinking. Press the INTENSITY UP/DOWN button to adjust the user weight information then press STOP/ENTER to confirm.

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COMPUTER OPERATION

PROGRAM MODE
After setting the user WEIGHT, the computer will display a blinking P1, indicating that the user is now select from P1~10. Press the INTENSITY UP/DOWN buttons to select the programs and press the ENTER button to set up the program.

PROGRAM 1 – TARGET TIME
After enter this program, the TIME display shows the factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the target time program. Time counts down to 0, Distance and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 2 – TARGET DISTANCE
After enter this program, the DISTANCE display shows factory default setting 5.0mph or 5.0km/h. Press INTENSITY UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm.
Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 3 – TARGET CALORIES
After enter this program, the CALORIES display shows factory default setting "50". Press INTENSITY UP/DOWN button to adjust the target calories and press STOP/ENTER to confirm.
Press START button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 4 – FAT BURNING
After enter this program, the TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the FAT BURNING program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.
Fat Burn Program provides 1 to 16 one minute segments.

TIME/zone	**1st Seg.**	**2nd Seg.**	**3rd Seg.**	**4th Seg.**	**5th Seg.**	.....	**13th Seg.**	**14th Seg.**	**15th Seg.**	**16th Seg.**
INTENSITY/Level	L1	L3	L7	L11	L11	.....	L11	L7	L3	L1
MOTION/Level	1	1	1	1	1	.....	1	1	1	1

P5: INTENSITY INTERVAL PROGRAM
After enter this program, the TIME display shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to enter to confirm.
TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press START button to start the INTERVAL INTENSITY program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone **INTENSITY** /level **LEVEL**	**1st Seg.**	**2nd Seg.**	**3rd Seg.**	**4th Seg.**	**5th Seg.**	**6th Seg.**	**7th Seg.**	**8th Seg.**	**9th Seg.**	**10th Seg.**	**11th Seg.**	**12th Seg.**	**13th Seg.**	**14th Seg.**	**15th Seg.**	**16th Seg.**
L1	L1	L9	L9	L1	L1	L9	L9	L1	L1	L9	L9	L1	L1	L9	L9	L1
L2	L2	L10	L10	L2	L2	L10	L10	L2	L2	L10	L10	L2	L2	L10	L10	L2
L3	L3	L11	L11	L3	L3	L11	L11	L3	L3	L11	L11	L3	L3	L11	L11	L3
L4	L4	L12	L12	L4	L4	L12	L12	L4	L4	L12	L12	L4	L4	L12	L12	L4
L5	L5	L13	L13	L5	L5	L13	L13	L5	L5	L13	L13	L5	L5	L13	L13	L5
L6	L6	L14	L14	L6	L6	L14	L14	L6	L6	L14	L14	L6	L6	L14	L14	L6
L7	L7	L15	L15	L7	L7	L15	L15	L7	L7	L15	L15	L7	L7	L15	L15	L7
L8	L8	L16	L16	L8	L8	L16	L16	L8	L8	L16	L16	L8	L8	L16	L16	L8

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PROGRAM 6 –MOTION INTERVAL PROGRAM

After enter this program, the time display shows “L1”. This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to confirm.

TIME display shows factory default setting “32:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the INTERVAL MOTION program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone / MOTION /level / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.
L1	1	5	5	1	1	5	5	1
L2	2	6	6	2	2	6	6	2
L3	3	7	7	3	3	7	7	3
L4	4	8	8	4	4	8	8	4
L5	5	9	9	5	5	9	9	5
L6	5	10	10	5	5	10	10	5
L7	5	11	11	5	5	11	11	5
L8	5	12	12	5	5	12	12	5

PROGRAM 7 – ENDURANCE PROGRAM

After enter this program, the TIME display shows “L1”. Press INTENSITY UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm.

TIME display shows factory default setting “32:00”. Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments.

TIME /zone / INTENSITY /level / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
L2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
L3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
L4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
L5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
L6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
L7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
L8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8

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TIME /zone / MOTION /level / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	1	1
L2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	2	2
L3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	3	3
L4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	4	4
L5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	5	5
L6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	6	6
L7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	7	7
L8	8	9	9	9	10	10	10	11	11	11	12	12	12	12	8	8

PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the intensity will be increased when the user decreases the RPM.

After enter this program button then press STOP/ENTER to continue the set up procedure.

WATTS display shows factory default setting "110". Press INTENSITY UP/DOWN button to adjust the target Watts and press STOP/ENTER to adjust TIME.

TIME display shows factory default setting "16:00". Press INTENSITY UP/DOWN button to adjust the target Time and press STOP/ENTER to confirm.

Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

PROGRAM 9 – HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program. The equipment provides a standard contact handgrip on the moving handle bar to sense the user heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program.

IMPORTANT: The console software will calculate the user's SAFE MAXIMUM HEART RATE based on the formula: (220pbm-AGE). User's are encouraged to consult with a doctor or personal Training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

PULSE display shows the calculated TARGET HEART RATE based on the user age setting from the above step. The TARGET HEART RATE = 85% MAXIMUM SAFE HEART RATE. Press INTENSITY UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.

After adjust the TARGET HEART RATE, the TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

Press the START button to start the 3 minute WARM UP. The purpose of warm up program is to bring the user's heart rate to 65% of the MAXIMUM SAFE HEART RATE. Time counts down from "3.00" to "0:00". Intensity Level Profile displays "WARM UP" 3 times. During the WARM UP, if the actual heart rate is less than 65% of the user's MAXIMUM SAFE HEART RATE, the intensity level will be increased by 1 level every 30 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start after finished 3minute WARM UP.

If user's actual hear rate fails to reach 65% of MAXIMUM SAFE HEART RATE during the warm up, the user will be placed into a 2nd or 3rd (if necessary) 3 minute warm up program. If user's actual heart rate fails to reach 65% of the MAXIMUM SAFE HEART RATE after the 3rd 3 warm up program, the INTENSITY LEVEL PROFILE dot matrix will display "FAIL" then return to POWER ON status in 10 seconds.

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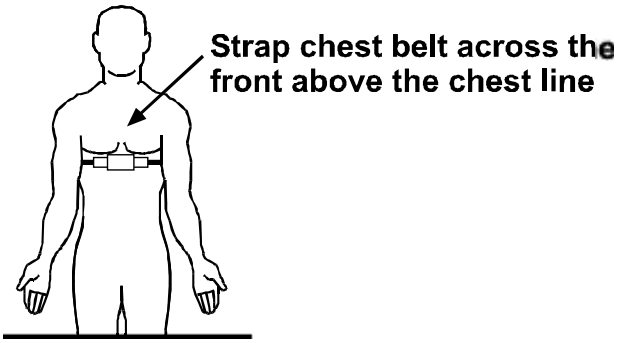
Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the motion level and intensity level to keep the users at the TARGET HEART RATE. If the user is consistently below the TARGET HEART RATE, the MOTION LEVEL will increase 1 level every 30 seconds until reach LEVEL 12 and then the INTENSITY LEVEL will increase 1 level every 30 seconds. If the user reaches and exceeds the TARGET HEART RATE, the MOTION LEVEL will decrease 1 level every 30 seconds until level 1 and then the INTENSITY LEVEL will decrease 1 level every 30 seconds. The program will continue until the time runs out. If the user's
heart rate continues to exceed the TARGET HEART RATE for 3 minutes, or the time counts down to "0:00", the heart rate control program will stop and start the 1 minute COOL DOWN function. Time counts down from "1:00" and INTENSITY LEVEL at level 1 and MOTION LEVEL at level 1.

C1~C5 CUSTOMER COURSE

The program can allow store the settings for repeated workouts. After enter this program and press STOP/ENTER button, the user comes into the INTENSITY LEVEL, MOTION LEVEL and TIME setting mode. In the display the first minute is flashing, use the INTENSITY UP/DOWN button to adjust the INTENSITY LEVEL and use MOTION UP/DOWN button to adjust MOTION LEVEL. Then press the STOP/ENTER button to reserve the setting and continue to next minute setting of the program, etc. The maximum workout time of each user program is 60 minutes. After setting up above item, press the SATER button to confirm, and then press START button to activate status.

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



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WARRANTY

LIMITED HOME USE WARRANTY

Warranty Coverage: EVO Fitness and Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Parts & Electronics	Labor
AGILEI DMT U.S.A. Only	Lifetime	7 years	2 year
AGILEI DMT Canada	Lifetime	7 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for Two (2) years*. Smooth Fitness reserves the right to either: Hire and reimburse an independent service technician who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home. The customer is responsible for the cost of sending the part to Smooth Fitness.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- **Model name or number from the cover of the manual;**
- **Serial number located on the frame of the unit; and**
- **The part description and the order number.**

Limitations on Warranty: This Warranty will only apply to the original end user. This Warranty does not cover wear and tear (except the 9.25X treadmill), any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO TWO (2) YEARS* FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

*Two year labor is valid only with the continental United States; Canadian labor warranties are valid for the period of 1 year from date of purchase.

FORM WS-1 (rev. 08/2005)

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